The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

FREE

Issue 48

MAY through AUGUST 2011

The Hair Healers of Ann Arbor

Dr. James Neuenschwander on Integrative Medicine in the Age of Obamacare

Karl Pohrt Interviews Buddhist Scholar Donald Lopez

***Emotional Muscle* ~ The New Parenting Book by Psychoanalysts Kerry Kelly Novick and Jack Novick**

The 2011 Crazy Wisdom Kids Summer Camp Guide • Chi Running • Mediator Zena Zumeta • Melisa Schuster on the Childbearing Years • Local Food Report • Eco-Friendly Hair Salons • Norma Gentile on Prayer • Veterinarian John Smith • Free Calendar of Local Classes • and More

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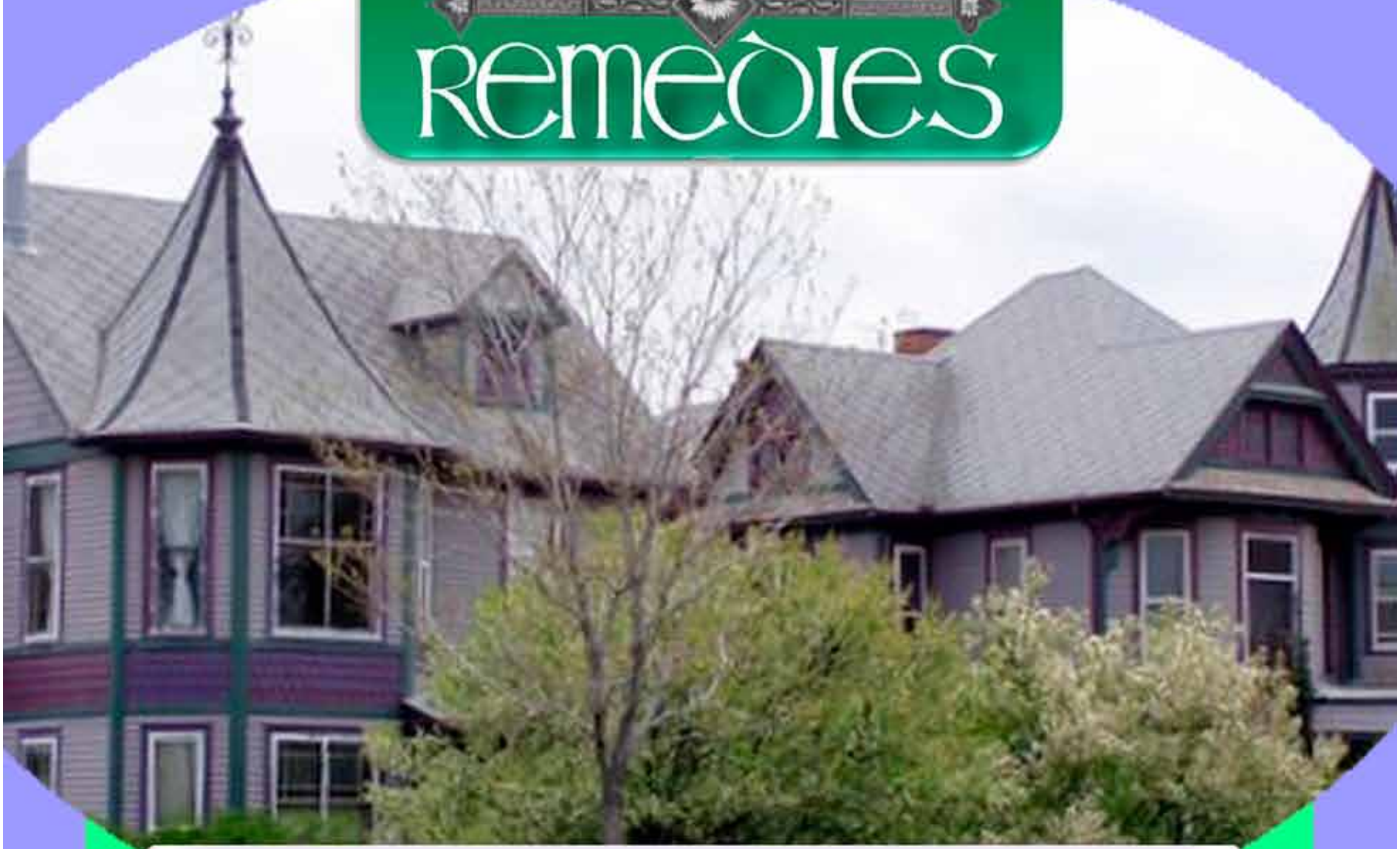

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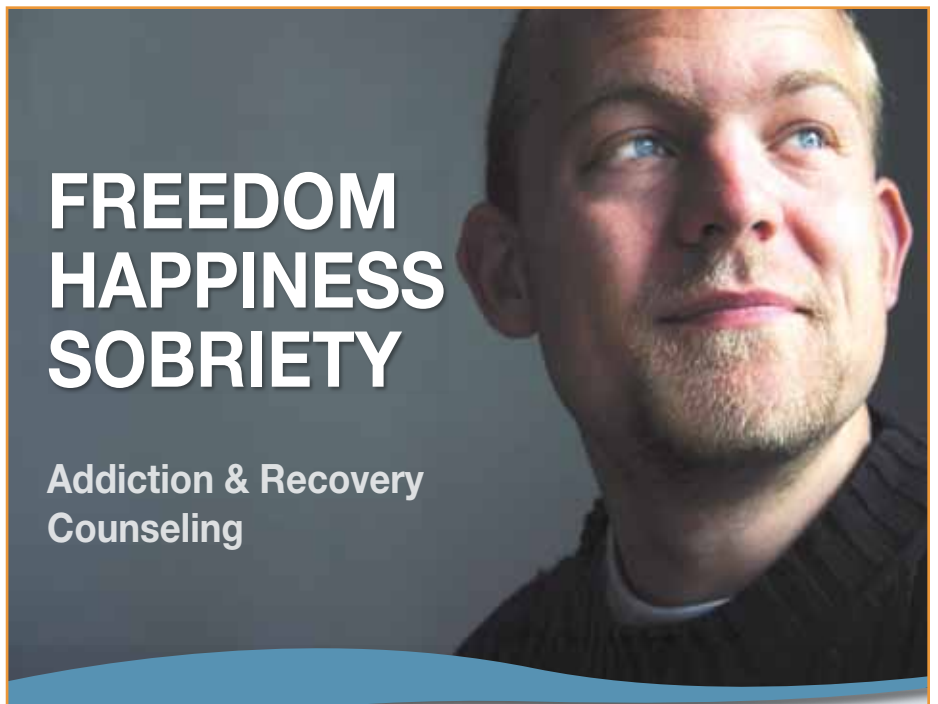

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with

Brenda Morgan, PhD

This evening is set aside for those who are drawn to and/or wish to explore their connection with someone who has gone through a spiritual transformation. Others may come on a more regular basis, continuing to deepen their understanding of life and evolution, intensifying the ability to Respond while remaining active in the world.

During these events, what Brenda shares arises from the intuitive and evolutionary needs of those who attend.

Thursday
May 12th
June 9th
July 14th
September 15th

7-8:15pm

LIVE BROADCAST

If you are unable to be there in person we offer a call-in number to listen to the broadcast live.
Call 734-494-0674 or
email: brendamorganevents@gmail.com
for more information.

Held at: Friends Meetinghouse
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About Brenda...

Brenda has gone through a spiritual change in which her direct perception and experience of Reality has been permanently transformed. This transformation has been called many things in the history of our planet, but the core of all descriptions of it includes the awareness that everything arises from a Mystery, the Unknown and Infinite Feeling that all is One. Her transformation brings deeper perceptions of reality and a broader vision of life and service to the earth and humanity.

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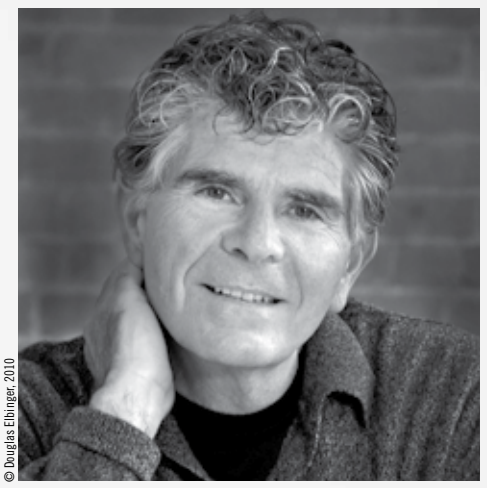

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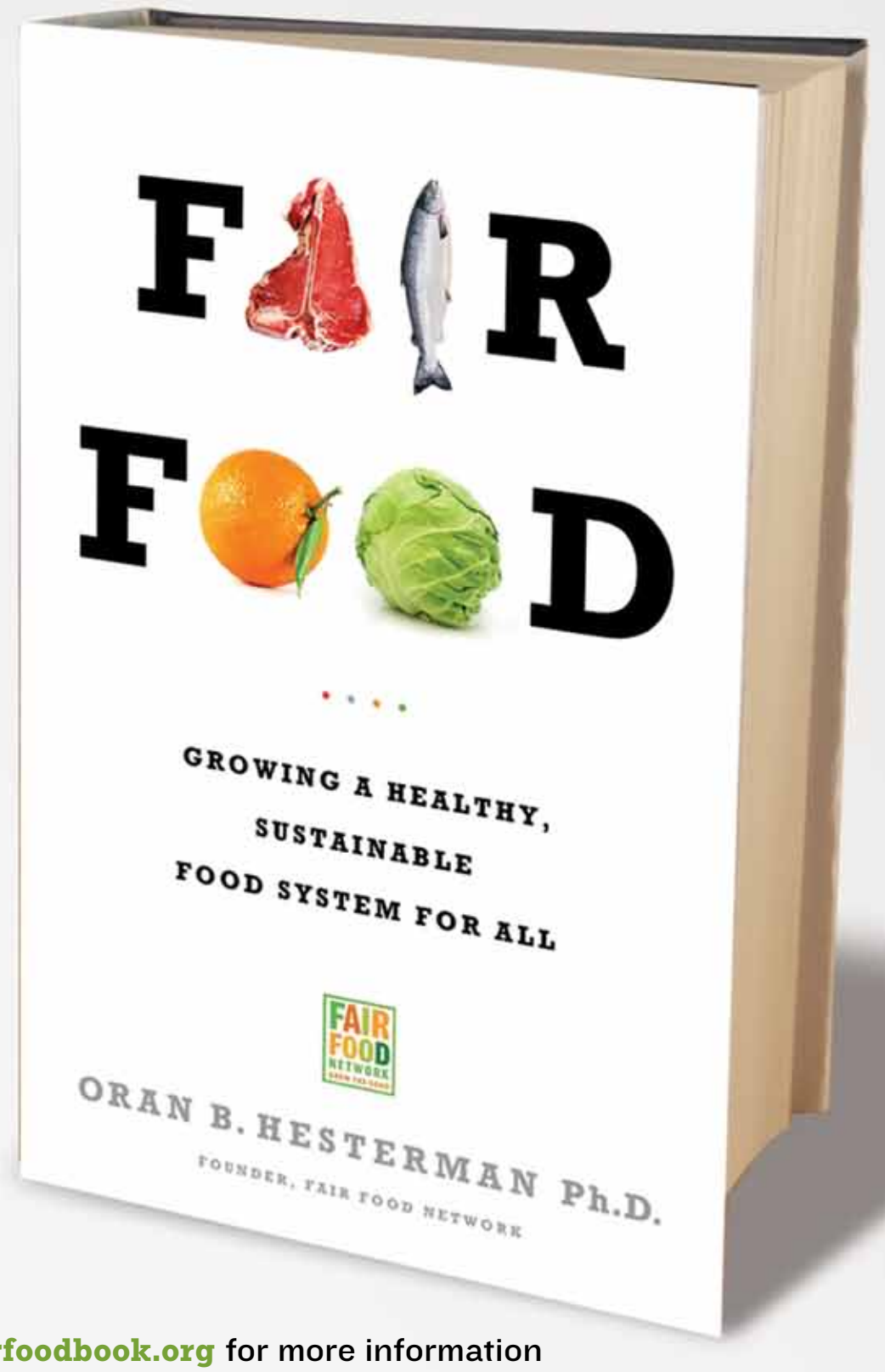

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The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Since l982, Crazy Wisdom Bookstore has served as a center of information in the subjects of conscious living, holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

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Calendar Submissions: The **deadline for free calendar submissions** for the September thru December 2011 issue is **Wednesday, July 20**

Ad Submissions:
The **deadline for paid advertising is Monday, August 1**

The issue will be distributed starting at the very end of August. 8,250 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 180 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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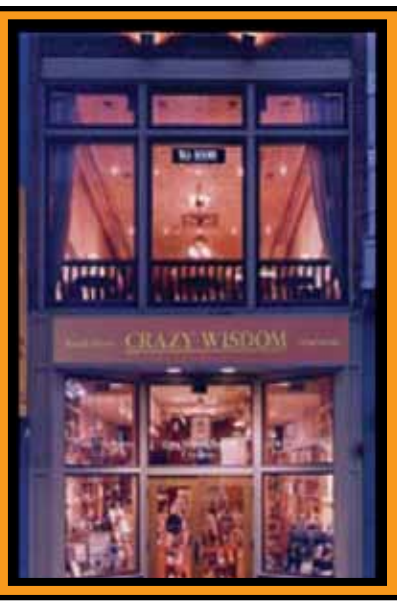

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Crazy Wisdom Bookstore was founded in 1982. It has been owned since l989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

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Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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Thursday, May 19, 7:30 - 9:00 pm

SCIENCE AND DHARMA: TOWARDS A SYNTHESIS

This talk will review the short history of the development of contemplative neuroscience as a hybrid discipline. It will showcase important new findings as well as methodological strategies in the study of meditation. The talk will also highlight the important role of contemplative practice on the part of the scientists who are conducting this research and will invite the audience to consider the complementary goals of each.

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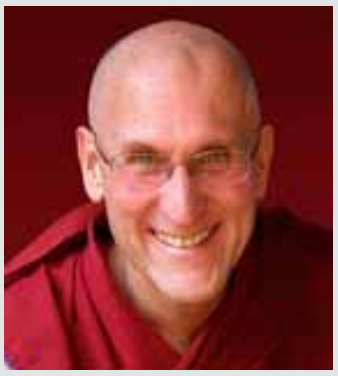

Venerable Barry Kerzin

Friday, June 10, 7 - 8:30 pm

A PERSONAL JOURNEY - MEDITATION AND MEDICAL PRACTICE IN THE EAST AND WEST

Dr. Barry Kerzin, a long time meditation practitioner, Tibetan Buddhist monk, teacher and medical doctor, has played an important role in seminal neuroscience research exploring how the mind/brain functions as well as how it is influenced by meditation and compassion.

Saturday, June 11, 10:00 am - 12:00 pm & 1:30 - 3:30 pm

MEDITATION AND WISDOM: BRINGING FOCUS AND UNDERSTANDING TO OUR LIVES

Buddha's methods for peace and joy in all aspects of life offer us internal personal tools to develop care and mindfulness powerful enough to clear our fear and confusion over how we and the world exist.

Gelek Rimpoche and Jewel Heart Programs

Jewel Heart Summer Retreat with Gelek Rimpoche

Thursday, August 25 - Sunday, September 4

TIBETAN BUDDHIST COMPREHENSIVE GUIDE FOR TODAY'S SPIRITUAL TRAVELER

Buddha's revolutionary methods of compassion and wisdom, preserved within Tibetan Buddhism as a comprehensive map, guide us successfully along the path to the freedom, capability, and joy of enlightenment.

Register early as space is limited - registration@jewelheart.org

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Sunday, September 4, 10 am – Gelek Rimpoche

FINDING THE JOY WITHIN
Sunday, May 22, 10 am – Gelek Rimpoche

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What's New in the Community

Network Spinal Analysis is like "defragging your computer, but instead you're defragging the cerebral spinal brain," says **Shawn Hoga of the Triumph Network Studio**, located within the Center for Sacred Living.

See article on page 12.

Photo by Amy Hoga

By Anne Duffy

New Offerings by Established Practitioners and Businesses

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

Kelly Grocoff, MSW, who works as a private licensed psychotherapist in Ann Arbor and for a community mental health agency in Detroit, has recently partnered with The Lamaze Family Center Ann Arbor to offer a series of classes called "Sex and Intimacy After Baby: Making it Matter for Moms" and several other related lectures and workshops. The classes will start in early September and run for five weeks on Monday evenings, with a one-day intensive "teaser" workshop scheduled in late July or early August. The one-day class will address physical changes, hormonal changes, pelvic floor health, and emotional/relationship changes after having a baby.

In addition, Grocoff is holding a short introductory lecture in June at The Lamaze Family Center called "Mom's Night Out" that will address the challenges that new moms and couples with young children face. "What I found with the last class series that I ran, once you open the door and let people know these are important topics to discuss, the flood gates just open," said Grocoff, who is in the process of becoming a certified sex therapist through The American Association of Sexuality Educators, Counselors and Therapists (AASECT).

Grocoff structured the series around the book *Sex Matters for Women*, which was written by three local sex therapists, Sallie Foley, MSW, Sally Koped, MSW, and Dennis Sugrue, PhD. However, she tailors the classes to reach new moms who are interested in how their sexual relationships have changed since having kids and how their bodies have changed since giving birth. Topics like breast feeding, painful sex, and barriers to having sex when you have children will be discussed.

"If you improve your sexual relationship, then you'll improve other parts of your relationship and vice versa," said Grocoff. In her last series of classes, participants reported that they felt more empowered to talk with their partners about sexual changes and that these classes had initiated a valuable conversation that could continue for the rest of their lives. To learn more about Kelly Grocoff's classes, workshops and lectures, please visit www.kellygrocoff.com, email her at kellygrocoff@gmail.com or call (734) 926-5366. To learn more about The Lamaze Family Center Ann Arbor, visit lamazefamilycenter.org or email info@lamazefamilycenter.org.

Licensed social worker, Cesar Valdez, who has been practicing mind/body/spirit-oriented psychotherapy for the past 14 years and has been an established Eye Movement Desensitization and Reprocessing (EMDR) practitioner, is offering a ground breaking new therapy called Induced After Death Communication (IADC) intended to help people overcome extreme grief after the passing of a loved one.

"What draws me to this therapy is its incredible power to heal the sadness connected to grief and feelings of loss of a loved one and replace it with the feelings of real connection, peace and contentment," said Valdez. Going beyond traditional grief counseling, IADC encourages clients to explore the possibility of intimate communication with the deceased. Many clients have reported communications, including sensing the energy of the person that died, seeing their image, feeling a sensation of being touched by a hand or embraced, sensing a familiar smell of the person who died, hearing the deceased's voice and even having a conversation with their loved one who has passed. These communications have helped them to feel reconnected and have transformed their feelings of loss.

The client usually only needs two extended sessions to achieve results, but must wait for at least six months after their loved one has died to allow time for the initial shock and denial stages of the death to subside. Much like the EMDR practice of having a client focus on his/her finger and track that movement while also focusing on various emotions, IADC utilizes eye movements similar to those experienced during sleep to process negative emotions such as anxiety, intense trauma or sadness. Instead of the EMDR practice of encouraging clients to experience any and all feelings that come up, IADC clients focus specifically on the deep sadness and grief associated with the loss of their loved one.

Valdez says the new therapy can be very intense. He carefully screens potential IADC clients because not everyone is ready to deal with the extent of his or her grief feelings. His clients must be "both willing and able to tolerate the full intensity of their sadness and allow the sadness to go wherever it needs to go." Although there is much research on EMDR with proof the therapy is helpful, IADC is new and still needs to be studied further. Dr. Al Botkin, the EMDR specialist from Chicago who discovered IADC and who trained Valdez, is working on getting more IADC studies underway.

Continued on page 10

Psychotherapist Kelly Grocoff tailors her classes to reach new moms who are interested in how their sexual relationships have changed since having kids and how their bodies have changed since giving birth.

What's New in the Community

Continued from page 9

"Some people embrace this therapy because it is consistent with their beliefs and others may have doubts or be entirely skeptical, but [you should] know that our belief systems play no role in whether the therapy works or not," said Valdez. "I, as a practitioner, remain neutral about that. I don't suggest a source for those experiences because really it is just a matter of just resolving the grief," said Valdez. "Is it your brain that is creating the experiences of perceived communication [with the deceased] or is it actual spiritual communication? That is left up to the experiencer to determine." For in-depth information about IADC please visit Dr. Botkin's website at www.induced-adc.com or call Cesar Valdez at (734) 929-6574, visit his website at www.cesarvaldezlmsw.com, or email him at cesvaldez@gmail.com.

"What draws me to this therapy is its incredible power to heal the sadness connected to grief and feelings of loss of a loved one, and replace it with the feelings of real connection, peace and contentment."
— Social Worker Cesar Valdez
See article on page 9.

New Books By Area Authors

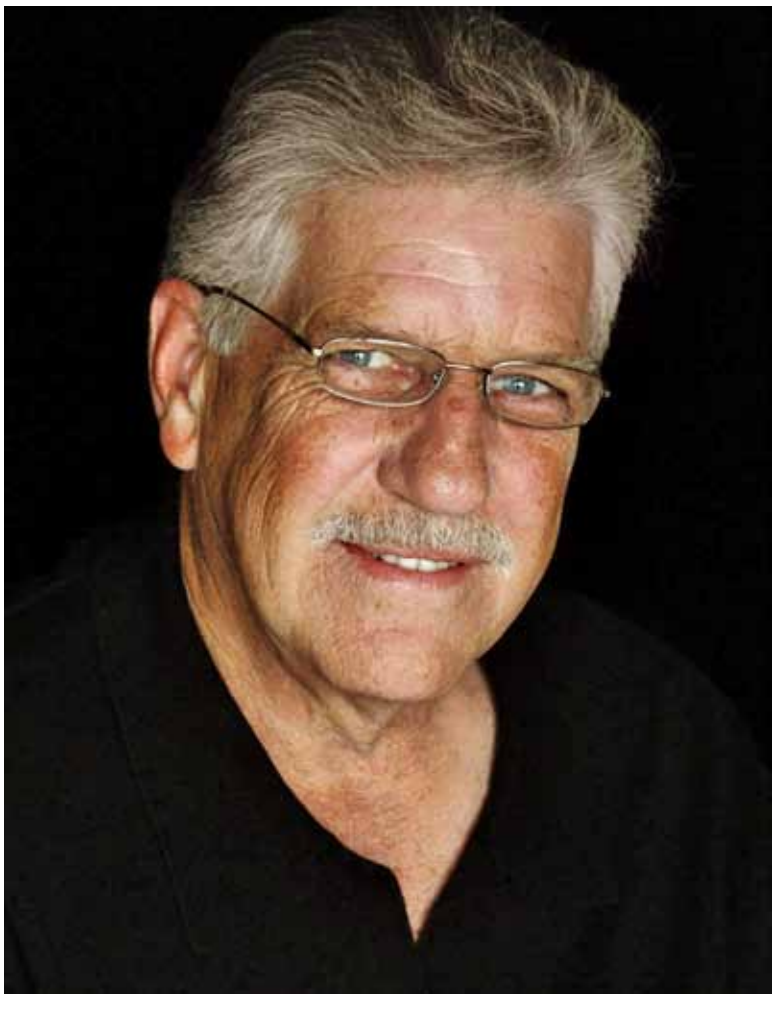
There will be a book signing at Crazy Wisdom Bookstore on Wednesday, May 4, at 7 p.m. with local first-time author Craig Toepfer in support of his newly released book, *The Hybrid Electric Home – Clean, Efficient, Profitable*.

This compelling account of the past, present and future of electricity in America reveals the untold story of how electricity became pervasive in our lives. Author Craig Toepfer, an expert on wind electric generators and hybrid vehicles, examines how we supply and use electricity today and suggests future methods for homes, businesses, and communities, taking readers on a fascinating historical tour of electricity from discovery to ubiquity. Showcasing wind, solar, and other natural forms of energy, *The Hybrid Electric Home* explores methods that will improve overall energy efficiency and economic security as society transitions into tomorrow's clean energy economy.

Toepfer, who now lives in the Waterloo Recreation Area in Chelsea and is restoring an antique windmill to use on his new property, first became interested in the environment and energy as an engineering student at the University of Michigan. His interest turned into a lifelong fascination with wind electric generators produced during the 1930s that were used on farms throughout the Great Plains States.

In *The Hybrid Electric Home* he suggests the history of energy supply to rural America has poised many communities to stand at the forefront of the clean energy movement. "In rural areas that weren't served by the power companies originally, they had their own equipment and many of these homes and farms had windmills on them to produce electricity. It makes more sense for people today who live far away from cities to be able to produce their own electricity than to run power lines down every road for miles and miles to get to these homes."

A pioneer in the clean energy movement, Toepfer was among the first in the United States to connect a wind generator to a home and the electric network. He represented the American Wind Energy Association (AWEA) in the 70's, helped develop the grid inter-tie concept for connecting wind generators and solar panels to the electric grid, and has applied his hybrid and energy experience to advanced vehicle design and engineering in the automotive industry.



In his new book, ***Hybrid Electric Home – Clean, Efficient, Profitable***, Craig Toepfer, an expert on wind electric generators and hybrid vehicles, examines how we supply and use electricity today and suggests future methods for homes, businesses, and communities, taking readers on a fascinating historical tour of electricity from discovery to ubiquity.

He was inspired to write *The Hybrid Electric Home* after author Craig Gillis interviewed him for a book called *Wind Power*. "I had been out of the windmill business for about 15 years. I never thought of writing a book," he says. But when Gillis saw all of his old wind generators and his historical literature collection, he insisted he write a book. "He was so persuasive that I accepted the challenge."

To purchase *The Hybrid Electric Home – Clean, Efficient, Profitable*, please come to the book signing at Crazy Wisdom Tea Room and Bookstore on May 4. To purchase online, visit Toepfer's website at www.hybridelectrichome.com, email him at hybridhome@me.com or call (734) 417-5500.

Upcoming Events

Brighton Natural Wellness Center (BNWC) is sponsoring a first of its kind "Walk for Natural Wellness," which is set for Tuesday, August 9, from 7:30 p.m. to 9 p.m. in downtown Brighton. While many walks raise money for a disorder or a disease, BNWC is hosting a walk to heighten awareness of natural ways to help common ailments and to raise funds that will help patients pay for complimentary and holistic care. For more information about the Wellness Walk visit www.BrightonWellness.org, call (810) 599-8855 or email jude@AmiracleToday.com.

The Naturopathic School of the Healing Arts is sponsoring two Herb Fairs on May 15 and August 7 from 1 p.m. to 3 p.m. on their school grounds. The fairs will feature informative herbal talks by second-year naturopath internists and Iridology (eye) readings to help understand participant's internal tissue and ecology states . People can learn about herbs and ask questions about their own health concerns. Teas and medicinal herbal products from the apothecary will be available for sale, including therapeutic teas blends for fertility, liver cleansing,

general nourishment, adrenal support, nervous system support, cough and lung elixirs for fall and much more. There is even a specialty blend called 'calm child' tea, containing catnip, skullcap, nettle and spearmint that many parents swear by. At the May Herb Fair also look for harvested plants from the school for sale that you can plant in your garden. For more information about the Herb Fairs, please contact the school at (734) 769-7794 or visit the website at www.naturopathicschoolofannarbor.net.

The Naturopathic School of the Healing Arts has started a national professional organization called the American Naturopaths Association.

Here's something noteworthy: the Naturopathic School of the Healing Arts, located in Ypsilanti, has started a national professional organization called the American Naturopaths Association. The association's purpose is to provide a base of support to promote naturopaths, students and educators, and to set standards and offer continuing education and political support for the profession. "I'm excited that this is starting here in the Ann Arbor area and that it will grow," said Mary Light, who is the advisor and "midwife" of the whole idea. The board of directors is all from Southeastern Michigan. The organization looks forward to branching out by hosting its first national conference in Ann Arbor. School directors and educators from east to west are very enthusiastic about its development. Check out www.americannaturopathsassociation.org for more information.

In January the Naturopathic School of the Healing Arts started a new meetup.com group for the community called Natural Medicine Ann Arbor and holds regular meetings for the group to gather. "People might not be sure how to connect with others that are into natural medicine," said Mary Light. In the spirit of neighborhood support and connecting with like-minded others, the group has about 30 current members and counting. For more information, please check out www.meetup.com and search Natural Medicine Ann Arbor.

A one-day Yoga Festival & Camp Out event is planned at Song of the Morning Ranch and Yoga Retreat Center of Excellence on August 27 from 11 a.m. to 9 p.m. The Ranch is located about 3 ½ hours up north in Vanderbilt, Michigan, and is encouraging participants and families to camp out for the entire weekend. The main purpose of the festival is to get as many people together at one time as possible to meditate and celebrate the universal principle of yoga within the yoga community. Enjoy great hiking, swimming, live bands, healthy food vendors, yoga classes, speakers, a group meditation, a drumming circle, kids' events, and spectacular natural surroundings. Camping along the Pigeon River is encouraged. Indoor facilities are available as well, with access to showers and restrooms. To make reservations, please contact Jim4peace@gmail.com, call 989-983-4107 or view Song of the Morning's website www.goldenlotus.org.

The Ann Arbor Antiquarian Book Fair is coming to the Michigan Union Ballroom on Sunday, May 22, 2011, from 11 a.m. to 5 p.m. This is one of the longest-running antiquarian book fairs in the Midwest, featuring over 30 book dealers that sell first editions, old and collectible books, children's books, Americana, prints and more. For more information, please visit www.annarborbookfair.com or email jplatt@provide.net.

The 11th annual Mayor's Green Fair will be held on Main Street in downtown Ann Arbor on Friday, June 10, 2011, from 6 p.m. to 9 p.m. The free show exhibits environmental groups, products and issues, clean energy expos, alternative fuel vehicles, live music, food, art exhibits and children's activities. For more information, please visit www.a2gov.org/green.

Huron River Day is set for Sunday, July 17, 2011, from 8 a.m. to 4 p.m. at Gallup Park off Fuller Rd. Bring the whole family and get ready for interesting river exhibits, discounted canoe and kayak rentals, 1-mile run, 5K walk and run, live music, food, and a children's activity tent. For more information, please visit www.a2gov.org/HRD.

New Classes

Naturopath and Flower Essence Practitioner Merri Walters of Great Lakes Sacred Essences is teaching a Level I Certification Flower Essence Practitioner in an eight-month mentoring course starting in September 2011. Walters, a local intuitive healer who works with flower essences, herbs, homeopathic remedies, counseling and other healing modalities, is recognized and respected as a "healer's healer" among Ann Arbor's holistic community. In this mentoring course she will teach the basics of working with flower essences and will interact individually with students to help them increase their intuitive skills. The class is designed to help healthcare practitioners across the full spectrum of modalities learn to integrate flower essences into their current healing practice and personal/family life. "I am dedicated to elevating the use of flower essences to their rightful place as one of our most powerful healing tools," said Walters.

Flower essences come from flowers or other natural sources and are made through a water and sun process. Walters prepares them with intention, prayer, and love, being guided by nature spirits and divine intuition. When she administers the essences, her clients receive the energy, wisdom or the intelligence of the flower as they take it internally. This can prompt a change in the person if it is the right flower essence for that person. "The way the flower essences work is that they often get to the bottom of what a health or an emotional issue is and unlock it," said Walters.

Merri Walter's Great Lakes Flower Essences has over 250 individual flower essences available for purchase. For more information about her, the mentoring course, and Great Lakes Flower Essences, please go to www.sacredessences.com, email her at sacredessences@gmail.com or call (734) 663-3160.

Numerologist and spiritual development counselor, John Ashbrook, who wrote a column for *Phenomenews* for 16 years called *Spiritual Ponderings*, is offering a new class called "1227 Spiritual Development."

Numerologist and spiritual development counselor, John Ashbrook, who wrote a column for *Phenomenews* for 16 years called *Spiritual Ponderings*, is offering a new class called 1227 Spiritual Development on Saturday, June 18, from 11 a.m. to 4 p.m., that includes a light, healthy lunch and will be held at the Days Inn in Canton. The class will be teach students how to use and reap the benefits of powerful affirmation prayers and will cover a variety of other topics about personal development. The spiritual meaning of numbers, their significance in relation to current world events and how they are affecting everyone will also be discussed. "The class is very relaxed and interactive, where people can ask questions, participate and ponder things," said Ashbrook.

"I believe for people to be healthy human beings, they have to express their individuality. And that is what I have devoted my entire career to: helping people find things in themselves which they can express and ideas that will give them satisfaction. From their expression of individuality they gain their self-esteem," Ashbrook explains. "The forming of self-esteem is directly proportional to personal expression. The more you express your individuality, the more you like yourself, and then the better you get along with other people," he adds.

Ashbrook is also offering a new career guidance service that he developed in response to so many people switching careers because of the economy. He uses numerology charts as a guide to direct people to other career paths that they would be able to pursue successfully. "They just have different talents that I point out that they may or may not be aware of," said Ashbrook.

His career advice seems to go far. "John is a master at the psychology of the soul. My life has totally transformed from his classes. John gives you the tools to re-create your life in a better way," said Mary Ann Archer from Harbor Springs, a successful retail jewelry shop owner who credits Ashbrook for her success.

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Naturopath and homeopathic master clinician, Moshe Daniel Block, is coming to The Naturopathic School of the Healing Arts to teach a two-day workshop.

Ashbrook has been doing private counseling sessions that are based on numerology for almost 22 years and has written over 150 articles for *Phenomenews*, the extensive holistic guide that closed its doors after 30 years, in 2009. Many articles from the magazine are posted on his website. For more information, please call (734) 326-3433 to get on the mailing list for specifics or book a private consultation. Visit the website for spiritual guidance and uplifting articles written by Ashbrook at www.futurebliss.org.

Naturopath and homeopathic master clinician, Moshe Daniel Block, is coming to The Naturopathic School of the Healing Arts to teach a two-day workshop called Mind/Body Connection on June 18 and 19 from 9 a.m. to 5:30 p.m. The workshop stresses the importance of truly looking within for the cause of illness by exploring how negative belief systems and unbalanced mind patterns can lead to illness in the body. Block will share methods for releasing unhealthy thought patterns for healing and wellbeing. Block draws on the traditions of western naturopathy, homeopathy, Chinese medicine, energy healing, Kabbalah, basic sciences and counseling to help students understand how disease manifests in the body and how negative emotions form from disharmony in the mind. He believes in the balance of a foundation in strong education and teaching principles and using the intuitive process when addressing issues.

“Few Naturopath practitioners seem to be actually practicing with a true holistic model,” said Block, who is hoping to bridge that gap. He explained that even in the homeopathic world there is an incorrect model of western medicine that is still being used. In that model, the patient isn’t taking responsibility for his/her own healing and will go to a Naturopathic doctor that prescribes pills, such as nutraceuticals or supplements, for their problem. Block wants to see that changed and have his profession look at the root causes behind the problem, not just treat the symptom with pills, and really begin to treat truly with holism.

In 1995, Block was diagnosed with a rare autoimmune disorder, Myasthenia Gravis, and his conventional neurologist said it was progressive, incurable and potentially fatal. But Block had an intuitive feeling he was going to heal himself and he embarked on a serious dedicated path to do just that. Shortly after his diagnosis, Block attended a one-week program at the Option Institute in Massachusetts and learned about belief systems and their impact on health. He had an epiphany about his own need to be perfect and his pattern of harshly judging himself and creating anger. He said his body was reflecting this concept in his own immune cells that were attacking his body. Block went on to school at the Canadian College of Naturopathic Medicine and graduated in 2000. He does not have Myasthenia Gravis anymore and has helped many people overcome autoimmune ailments as well.

What's New in the Community

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“In most of my cases, I help the patient establish the theme that is moving through their life which is reflecting in their bodies. I am going to teach participants in the workshop techniques on how to recognize these patterns and how to release and correct them,” said Block.

Block is originally from Canada and is the author of three books: *The Revolution of Naturopathic Medicine – Remaining True to Our Philosophy*, *Book 1 of The Last Four Books of Moses – Letting Go of Free Will*, and *The Nu Covenant of Solomon* (only available as an e-book). To learn more about Moshe Daniel Block, his books, or to register for his workshop, please visit www.david-house-productions.com or email moshedaniel9@gmail.com. Or visit the Naturopathic School of the Healing Arts website at www.naturopathicschoolofannarbor.net.

Be The Light’s clairvoyant reader and healer, Molly Ann Indura, is offering a new class called Energy Maintenance. The class will be held in Ann Arbor on Sunday, May 22, and again on Sunday, August 14. Both classes run from 1 p.m. to 5 p.m. Indura has helped thousands of people release energy burdens to get clear and become connected to the light. Included in the course are techniques to ground energy, connect to source, bring your own energy back to yourself and remove other people’s energy that may be draining. “I feel really humbled and honored to do this work and to be allowed to have the opportunity to assist people in being the light in their own lives,” said Indura. Prior student Stephanie Krupp, an executive recruiter from Dexter, said about the class, “I found I was very energized by the process and was able to use the techniques Molly taught us later on.”

As a healer, Indura often uses energy telekinesis (using her mind and will to move energy), cord cutting and DNA activation techniques. She frequently offers monthly discounts on different services. Her Isis Healing is currently featured at a special discounted rate throughout the summer months and involves “taking all the energy that people spend on emotional drama and redirecting it into our ancient intuitive mind, leading to a huge increase in clarity and energy for life.” She is also a full-time student at Eastern Michigan University studying fine arts and education and lives with her 12-year-old daughter in Ann Arbor. For more information about her, her class and her artwork, please visit www.BeTheLight.org, call (734) 417-8317 or email her at molly@bethelight.org.

New Businesses and Practitioners

Chiropractor Dr. Shawn Michael Hoga has recently opened his Network Spinal Analysis (NSA) studio called Triumph Network Studio within The Center for Sacred Living, located on the west side of Ann Arbor. Hoga has found the NSA technique more effective at achieving health objectives than traditional chiropractic manipulation. “My son, Oliver, was heading down the road to autism, and through NSA we fetched him back from the brink,” said Hoga, the humble father of four, with a fifth baby expected in May.

NSA is a transformative healing technique that is budding out of chiropractic. It uses light touch to cue the nervous system to self-assess and self-correct and express energy efficient strategies for healing. The objective is to work with what is strong within the body system and harness that energy to “entrain” an area that needs help to be transformed into optimal functioning. “Entrainment” is a physics concept that was discovered to show the tendency for two oscillating bodies to lock into phase so that they vibrate in harmony, often noticed in musical instruments synchronizing together. “Through what is called a 'spinal gateway' there is a high energy efficient state that uses the other body systems to liberate stored tension and then reorganizes the tissues awaiting transformation to higher levels of health expression,” said Hoga.

Hoga performs the therapy on individuals and in groups. He finds the group energy often facilitates the healing he observes in his patients. Hoga said that every individual’s bio-field can affect another’s field and this happens to the benefit of the patient.

“This process encourages letting go and trusting so that my body can open up and heal and find its balance,” said Rose Wisniewski, a social worker from Ann Arbor who has been coming for regular treatments. Wisniewski said she is sleeping better and her issues around fatigue have improved. According to Hoga, NSA is the most researched chiropractic technique and is considered groundbreaking in that it is a wellness discipline concept. With NSA, the practitioner is focusing on the well areas of the body and letting the nervous system organize and correct the areas that are not.

Hoga has an interesting way of looking at his compensation fee. “I don’t want to break you, I want you to break through,” he said in reference to his fee system, which is based on what the client wants to and can pay. He works with a sliding scale for clients to make it affordable for everyone. “I have received anywhere from $20 up to $1,000 for just one treatment,” said Hoga, who recognizes that clients need to maintain their dignity while answering their financial responsibilities and also acknowledging his integrity towards them.

NSA is like “defragging your computer, but instead you're defragging the cerebral spinal brain,” said Hoga. Triumph Network Studio has made it their passion to help other families in the area that have children encountering

See article on page 13.

“We are like dancers, each following our own musical beat, and sometimes we fall out of rhythm. At these times, if we pause and listen inwardly, we can get back into rhythm again,” says **Joya D’Cruz of LifeRhythms**.

Autism, Spectrum Disorder, ADHD, Aspergers and Sensory Integrative Disorders. Hoga is planning on hosting a free demonstration open house on Sunday, May 22 from 2 p.m. to 4:30 p.m. at Crazy Wisdom's community room. Please visit the website for more information at www.triumphnetworkstudio.com, email him at triumphnetworkstudio@gmail.com, find him on Facebook as truimphnetworkstudio or Dr. Shawn Michael Hoga or call him at (734) 883-7051.

Brighton Natural Wellness Center is a holistic healing center on Grand River Avenue that opened its doors in September of 2010.

Brighton Natural Wellness Center is a holistic healing center on Grand River Avenue that opened its doors in September of 2010. The center is located in a beautiful Victorian house and offers many different services, including BowenWork, Reiki, hypnosis, massage, intuitive astrology, psychic readings, handwriting analysis, angel card readings, ceremonies, workshops, classes and more. “This is a gift for the community, my angels have been saying,” said Jude Shepard, hypnotherapist and program coordinator for Brighton Natural Wellness Center (BNWC). “For me, it’s about creating a place of transformation and connection among members of the community.”

There are many continuing monthly activities at the center, such as the wise women spiritual support community circle, a past life exploration class, a drumming circle, and a divine light meditation creation circle. The BNWC hosts A Light Fair every fourth Saturday of the month so the community can sample the many talents of the over 30 active healers, readers, therapists or artists that work there. All summer long, starting in May, the center is sponsoring a living foods preparation workshop every third Saturday called “The New You with Raw Foods” taught by Joyce Oliveto, a gourmet living foods chef, teacher, author and speaker. A “Walk for Natural Wellness” is set for Tuesday, August 9 from 7:30 p.m. to 9 p.m. in downtown Brighton. See the first entry under Upcoming Events.

“I’ve worked in western medicine for over 25 years and we are just not doing enough. There is something missing. The work we do here (at the center) is helping with that problem,” said Shepard. BNWC is one of the only places that offers BowenWork, a type of acupressure and massage that allows the body to heal itself whether physical or emotional, utilizing the autonomic nervous system. Shepard, a Bowen practitioner, became fascinated with the technique after she had an injury to her lower back and it resolved with Bowen. In addition, the center offers free BowenWork for kids every second Saturday of the month.

Besides offering healing services to the community and public, BNWC has networking opportunities available for practitioners and artists if they join the center as a member. The membership allows a therapist to put up advertising fliers, post their biography on the website, use the space by renting the rooms, or display and sell their art at the center. For more information about healing services, membership, workshops, transformational meetings or the Wellness Walk please visit www.BrightonWellness.org or call (810) 599-8855 and email jude@AmiracleToday.com.

Healing-In-Motion PLLC Therapy and Wellness, a holistic physical therapy center, has a new owner as of June 2010. Lisa Wiley, an occupational therapist and certified hand specialist, bought the business and has made the backbone of her business about helping people relieve chronic pain and restriction of motion through the John F. Barnes Myofascial Release (JFB MFR) technique. Myofascial release is a type of therapy used to treat pain and restriction of motion from any area of the body, such a person’s neck, back, hips, or elbows. Fascia is like a white filament that surrounds all of our cells and muscles. When the fascia is stuck together, there is friction and pain. A practitioner can work into the area by relaxing contracted muscles, increasing circulation, increasing venous and lymphatic drainage, and stimulating the stretch reflex of muscles of the overlying fascia.

“I like to see people get better, I like to help people help themselves get better,” said Wiley. “I think there is a need out there for places where people can come to get one-on-one attention with a therapist and they can openly decide to have some direction in their health care.” The center’s specialty is treating pelvic pain, especially for women recovering from having a baby. “Many people come to us that have had many types of therapies for pelvic pain and find with the JFB MFR they get results. This is significant because many people live with pelvic pain not knowing something can be done to help them. People need to know there is help out there,” said Wiley.

“The principle of myofascial release is to treat the whole body. If your low back hurts one would think that the therapist would treat the low back, but the problem could be a referred pain that could be coming from somewhere else that often gets overlooked,” she added. Mike Kelly, an actor and screenwriter from Ann Arbor, said the center got to the root of his problems and helped him tremendously.

Wiley recently launched a DVD in January 2011 on how to treat tennis elbow under the name of Bare Bones Therapy, a self-help treatment program you can get at www.barebonestherapy.com. The Healing-In-Motion therapists are actively involved in updating their skills with continuing education classes. Besides physical and occupational therapies they also offer massage, a wellness program that involves advanced myofascial release, and community education classes for self-treatment, stretching and personal training. For more information, please visit www.healing-in-motion.com. Contact the center at (734) 913-4816 or email therapy@healing-in-motion.com.

LifeRhythms opened its doors to the public in March in Ann Arbor. Joya D’Cruz, an Ohio licensed marriage and family therapist, brings her expertise to the area as a Certified Focusing Trainer. D’Cruz offers individual counseling and Focusing sessions. The hallmark of Focusing therapy is learning how to treat yourself lovingly and gently while listening curiously, internally, for solutions to your problems. She explained that many people try to solve problems by talking, analyzing, taking hasty action and “figuring things out,” which seems to get them nowhere.

“We are like dancers, each following our own musical beat, and sometimes we fall out of rhythm. At these times, if we pause and listen inwardly, we can get back into rhythm again,” said D’Cruz. “Sometimes it just takes that one little step of checking where the answer really lies, which makes all the difference in the world.” D’Cruz said she has found that many people are not really listening to themselves, paying attention to where their life is taking them now or what is good for them internally in the present moment.

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By using the Focusing technique it has become D'Cruz's goal to help people to listen to where their life is moving them forward. She gets people to a safe place, guides them through the inward body messages, stays with them to process through the emotions, and invites them to be open to receiving answers from the body itself. D'Cruz's wisdom comes from her Zen meditation practice in her own life. She explains that Zen creates a space for people to accept themselves, accepting the fact of reality just as it is, and realizing nothing is permanent. Focusing assists this attitude and is a natural extension of it, she adds.

LifeRhythms helps people who are struggling in relationships and who would like to create more joy and ease in those relationships, and for people who feel stuck or overwhelmed with emotions. LifeRhythms is hosting Focusing training workshops throughout the summer on how to use it to solve problems in daily life. For more information or to schedule a private consultation, please visit www.joyadcruz.com, call (734) 219-2555, or email D'Cruz at dcruzjoya@gmail.com.

The Healing Hearts Center, a non-profit community for creative collaboration, will have an official grand opening in early May for their farm/healing center in Dexter. The directors, Sarah Steven and Matthew Raphael, are very excited about the possibilities of the center and its potential for transformational work. From renting out space to local healers, to working with clients, to housing and raising animals, and a vision of biodynamic farming bringing the community together, this center is sure to intrigue.

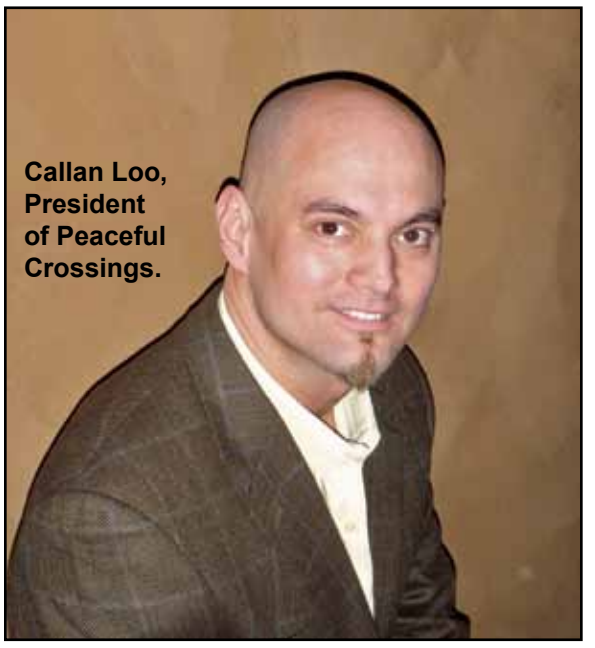
"We have already had many Ann Arborites coming to us saying, 'I want to keep bees,' 'I want to grow more shitake mushrooms,' 'I want to keep goats and make goat cheese,'" said Steven. She adds they are open to all of these ideas and wish to support people's dreams and goals. They want people to think of the center as the new community resource center with a mission to share in collective evolution and growth.

The center's 1885 farmhouse is located on Joy Road just past Zeeb Road and sits on six acres and has two barns. In the pole barn, they will hold workshops and house large groups for parties and events planned by locals who wish to share their knowledge and skills with the community. The old barn is where they plan to keep animals on one side and use the other side for performance-theater shows this summer. They will be acquiring a mule in the spring and are open to housing all type of animals for the community, such as cows and goats.

The Healing Hearts Center, a non-profit community for creative collaboration, will have an official grand opening in early May for their farm/healing center in Dexter.

The parlor in the farmhouse is where Steven and Raphael offer clients their specialized bodywork, Wazoga. It will also serve as a shared space for other healers to rent as well. "Through Wazoga, we teach people how to speak without words," said Steven regarding the technique which utilizes a combination of massage/yoga and breathe work that can be used alone or with couples. "When we can be in touch with ourselves then we can actually share ourselves with another person," she added.

Steven is hoping to make the farm "off the grid" one day. There are 67 acres of land behind the property that the City of Ann Arbor bought to preserve for agricultural use only. She is hoping to see the community buy the land back someday and set up biodynamic farming and gardening. Steven wants to bring the community together through growing food and raising animals. The center will eventually be looking for interns and apprentices to work at the healing center or on the farm. Steven and Raphael are very excited about the birth of the center. They are also expecting a baby in June and planning on having an underwater birth at the farmhouse. For more information about the grand opening, upcoming events, workshops and classes, go to www.healingheartscenter.com, email them at hhccreate@yahoo.com or call (734) 424-0870.



Callan Loo, President of Peaceful Crossings.

A unique, new service in Ann Arbor called **Peaceful Crossings** helps people create a plan for their transition to the afterlife that is customized to their own liking.

A unique, new service in Ann Arbor called Peaceful Crossings helps people create a plan for their transition to the afterlife that is customized to their own liking. The group's mission is to change the way society views and plans for death by taking a more holistic approach to end-of-life planning. Emphasizing the need for conscientious, personalized legacy plans, their services help a person organize their documents and clearly express their final wishes, intentions, and ideas of how they want to be commemorated. Clients can also work with financial advisors and estate attorneys, plan their Life Celebration, funeral or memorial service, and prepare an autobiography and portrait album to be shared with family and friends. This unique approach goes beyond traditional estate planning and addresses the confusion and stressful dynamics that can often come up when someone dies. "It's about the heart and soul of it," said Callan Loo, President of Peaceful Crossings. "You take this really tough process and make it much easier to relieve the strain when someone is grieving."

At Peaceful Crossings, they believe the client should think of their end-of-life celebration as if they were planning a wedding. The ceremony should reflect their wishes, beliefs, cultural background and values, religious or non-religious, as well as those of their loved ones and family. Loo explained that if a person doesn't take the extra step of defining what his or her end-of-life celebration is supposed to look like, then it's basically left for someone else to do. "And you know, most people really don't want a bunch of people sitting around crying."

To help a person plan and host their desired celebration, Loo's team connects with local funeral homes and offers a celebrant service to families going through the grieving process. Loo is a certified celebrant through the In-Sight Institute in Oklahoma City, Oklahoma, and specializes in creating meaningful celebrations that will be true to the person who has passed and helpful to those who are mourning. Additionally, Peaceful Crossings offers life and grief coaching for those that need additional counseling for processing through the loss and change.

"Many people do not like the product/service that the traditional funeral homes offer because it's not personal," said Loo. At a traditional funeral, people go to the funeral home and the body has been embalmed and has an open casket. Loo explained that many people experience this and are mortified because usually the body does not look like the "Uncle Bob" that they once knew and loved. "It's just something that is dressed up to look like Uncle Bob. It looks bad and smells bad and that stuff goes in the ground. Many people go up to say a few words and their intentions are good, but they do not know how to present this person's life. That is what people have had to work with," said Loo. Peaceful Crossings hopes to change these traditional dynamics and help many people along the way. They also work with families looking to have at-home funerals and green burials. For more information, please visit www.peacefulcrossings.com, call 734-660-8622 or email callan@peacefulcrossings.com.

Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (September thru December 2011) is July 1, 2011.

###

Sharon is living a rich, full life ... and there's no end in sight.

By making peace with and planning for her own eventual death she finds herself free to live more fully!

Working with a Peaceful Crossings coach, she:

- **Completed a Legacy Kit** to make sure her documents, intentions, and final wishes are well organized and clearly communicated,
- Worked with a conscientious **financial advisor** and **estate attorney** to provide for and protect her loved ones,
- Planned a creative and meaningful **Life Celebration** with the help of a **Celebrant** that will express and celebrate the life she's lived,
- Captured **her story in autobiography form** to share her experiences, learnings, and words of wisdom with her loved ones,
- Video taped personal **messages to her loved ones** that they'll receive when she passes,
- Created unique **portraiture** which tells the story of her **life in pictures**, and
- Made pre-arrangements for **grief counseling** for her loved ones to help them deal with the grief that will eventually come from losing her.

Gary passed away unexpectedly at age 62.

And he hadn't done enough to prepare himself or his loved ones ahead of time.

His family, in shock and grieving, didn't know what to do but they did their best to pull together to pick up the pieces. They:

- Spent agonizing time and energy trying to figure out the financial puzzle, not knowing what to look for or where to find it,
- Argued and eventually fought about what Gary would have wanted done and how to divide his belongings,
- Worked with the funeral home to hastily put together a funeral that was surprisingly expensive and sadly meaningless,
- Missed the opportunity to hear his full story and benefit from his experiences,
- Missed the opportunity to say and hear one last "I love you",
- Struggled with grief for years, not knowing how to cope.

Let Peaceful Crossings help you plan something better.

How you live creates your legacy. We'll help you secure it.

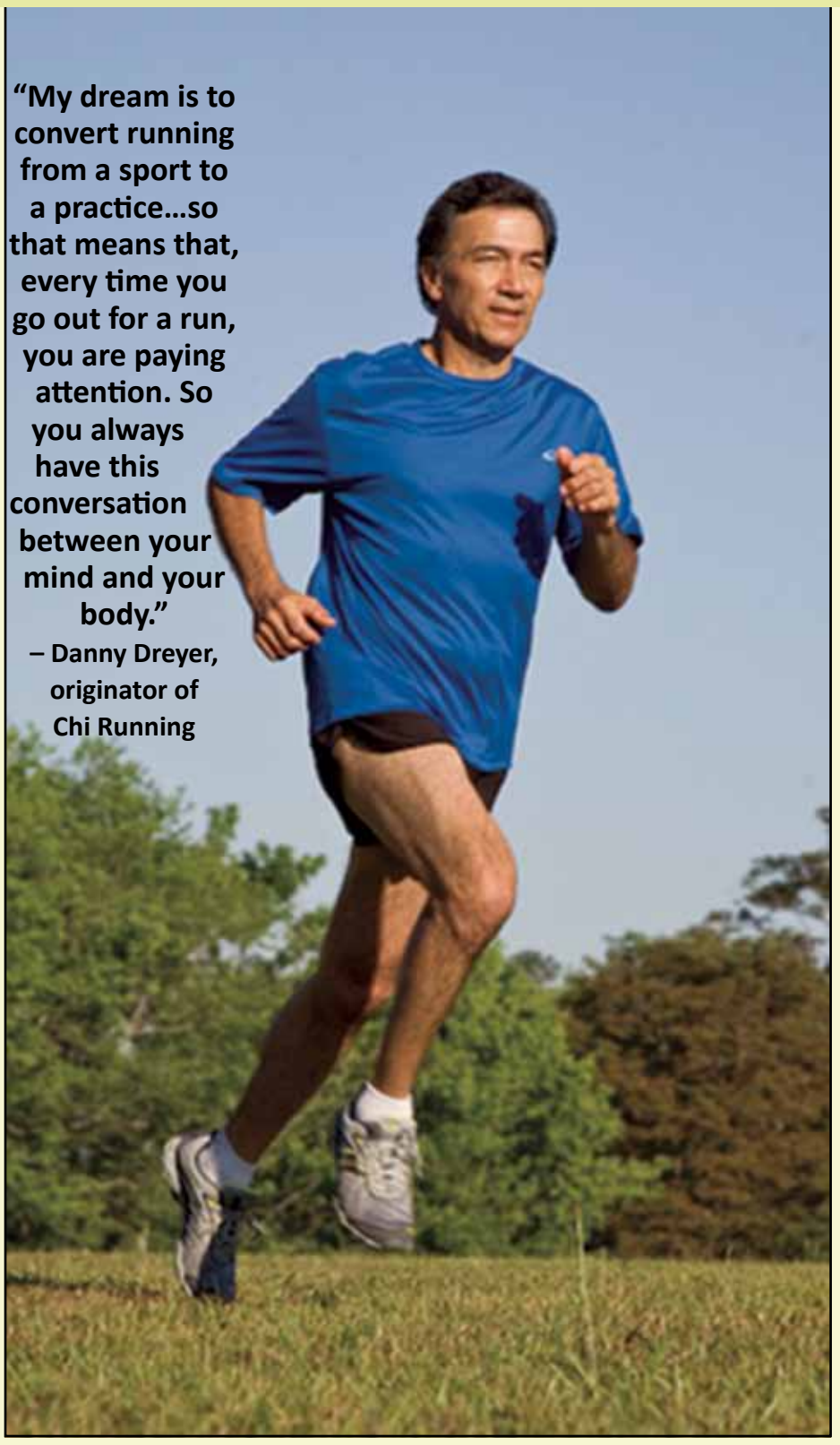
LegacyKit

The Legacy Kit(tm) with expert Legacy Coaching ensures that your intentions and wishes are well understood and that they protect your loved ones from needless strain. Our innovative services enable you to express your unique legacy in a meaningful, conscientious, and personal way.

Your own.

callan@peacefulcrossings.com
Phone: (734) 660-8622

Chi Running (and Chi Walking) Takes Off in Tree Town


"My dream is to convert running from a sport to a practice…so that means that, every time you go out for a run, you are paying attention. So you always have this conversation between your mind and your body."
– Danny Dreyer, originator of Chi Running

By Michelle Pafford Helms

Spring has returned. The earth is like a child that knows poems.
– Rainer Maria Rilke

As spring conjures up ideas of rebirth, renewal, and re-growth, now is the time that people are going outside and giving in to their child-like yearnings to run, jump, and play. Beyond bringing immediate joy, walking and running can provide long-lasting benefits, like strengthening the body and nourishing the soul. And considering the beautiful backdrop the Ann Arbor area provides for such outside pursuits, why not take part in these natural ways to feel carefree and connected to the earth? Both beginners to competitors alike can reap the benefits.

There is a "mindful" approach to fitness that is taking off locally and turning health-filled visions into a reality for many, from beginning runners and injured athletes to fitness runners and performance athletes. It's called Chi Running, and it has a corresponding low-impact version, Chi Walking.

Chi, pronounced "chee," is Chinese for energy or life force. Veteran marathoner and ultra-marathoner Danny Dreyer invented the technique of Chi Running, and authored the book, *Chi Running*. The practice, which blends key concepts from the ancient martial art form of T'ai Chi with optimal running techniques, has taken off worldwide and has gained media attention from sources such as *NPR*, *The New York Times,* and *ABC News*, according to the website, www.chirunning.com.

Sage Advice from an Obsessed Runner

Randy Step, president and CEO of seven Running Fit stores throughout Michigan with headquarters in Ann Arbor, said while there may be new fads in the running community, one time-tested approach that he advocates is using good form. In fact, Randy's store offers weekly runs that focus on the basics of technique to keep his patrons healthy and injury free.

"Good form is something that hasn't changed in the thirty years I've been running," Randy said. "The latest thing is the barefoot running craze…Some people are touting the fact that shoes are causing injuries, but that is not entirely true…If a person is injured, don't blame the shoe — blame the form."

For those looking for a written program to reinforce proper biomechanics, Randy's stores sell Danny Dreyer's books. *Chi Running* was originally published in 2004 and a revised edition came out in 2009. Its companion, *Chi Walking*, was published in 2006.

Randy, who also has cultivated an online presence at www.runningfit.com with his *"Obsessed Runners Column,"* wrote four years ago that Danny's book is "a must-read. I guarantee this book will drive you crazy and haunt you on every run." Today, he still maintains his position that "there is absolutely nothing in the book that I don't think is good. I think it's all great."

Run Like a Child Again

Sarah Young, one of three certified Chi Running instructors in Michigan out of a pool of 135 worldwide, travels across the state to teach people how to adopt this technique into their running and walking practices. Sarah, who is also a massage therapist and personal trainer who holds a master's degree in exercise science, believes Chi Running and Chi Walking are growing because they teach people to move their body the way nature intended.

According to Sarah, one of the big differences in Chi Running compared to other running methods is that it emphasizes holistic movement through the body's fascia, muscles, tendons, bones, and ligaments. Most running styles rely solely on muscle and bone biomechanics. Sarah adds that using "the old power running" technique — where people push off with the legs, heel strike and toe off — does not coincide with how our bodies are designed to move.

"What I tell people is that Chi Running basically takes you back to how you ran as a kid," Sarah said. "Adults usually have to unlearn bad habits and retrain the patterns in the body."

While overcoming bad form can be hard, re-establishing proper patterns in the body can be learned through the following six areas, as summarized from *Chi Running*: good posture, forward lean, relaxed lower leg, pelvis locked, proper upper body form, and attentiveness to cadence. Those are the key conditions that Chi instructors pass on to their students to make running easier, help energy flow, and keep people injury free.

"Before getting involved in this, I thought that someone was trying to make a buck off Eastern thought…Then I went to a Chi Running and Chi Walking workshop and I was blown away! After that, I signed up for the instructor training — which really says something, because I wasn't a runner at the time. I was just that taken with it," Sarah said. "Chi Running is growing and it offers a lot of substance. It really goes down to the core, to help people make a significant shift — if they are open to it."

A Mindful Approach to Movement

The founder of Chi Running, Danny Dreyer — who has a running career that spans 40 years, built in places like Boulder and San Francisco — is currently based in Asheville, North Carolina, where he and his wife, Katherine, run their parent company, Chi Living. According to Danny, Chi Living represents how to have a mindful approach to everything in life, which translates into a more joyful existence.

Danny embarked on a more attentive approach to exercise in his 20s when he began training for ultra-marathons as a meditative practice (typically 30-, 50-, and 100-mile races). Shortly after, a friend introduced him to his first T'ai Chi Master, which forever altered his future, according to Danny.

Danny said he best summarizes the practice of Chi Running and Chi Walking through two themes that are derived from T'ai Chi: alignment and relaxation. Alignment is the gathering to center for the defining sense of one's self, and relaxation is the expansiveness of letting go and opening up.

"Today, my mind's dream is to convert running from a sport to a practice… so that means that, every time you go out for a run, you are paying attention. So you always have this conversation between your mind and your body," Danny said. "So in an ultra [marathon], the idea is the same…If you take care of all of the pieces along the way, you'll last longer."

While distance running may only appeal to a select few, walking is something that most people can begin with when trying the Chi approach. To get started, Danny encourages people to pay attention to simple things like how they feel when their foot hits the ground, if their hips are moving side to side, what their posture is like, and how their breathing feels. Just by doing those small things, in Danny's opinion, individuals gain a greater depth of experience that carries over into all aspects of their lives.

Chi Ties Run Deep in Ann Arbor

One person who believes in Chi Walking is Judy Ramsey, a craniosacral therapist and co-owner of a therapeutic massage practice in Ann Arbor called Head To Toe Therapies. Judy — who also happens to be Danny's sister — believes the practice has kept her injury-free in her own physically demanding profession for the past 15 years, and recommends it to many of her patients.

“We try to help people become very aware of their bodies, because most injuries happen when people are not aware of their bodies and the pain levels,” Judy said. “Chi Running and Chi Walking help people to become more conscious of what every part of their body is saying to them.”

Judy, who goes Chi Walking frequently with her business partner, Rachel Egherman, said that the approach “gets you further, faster, easier than anything we’ve ever tried.” Judy also added that she takes pleasure in Chi Walking in a number of natural settings, as well as in Briarwood Mall early in the morning.

“I like to do the Chi Walking and feel the energy coming from my feet and just let it carry me,” Judy said. “You can be fairly noncompetitive with a walk, but be very mindful of everything around you and treat your senses to the experience.”

Another reason that Judy recommends her brother’s books is because of the holistic lifestyle they promote. In Judy’s opinion, the Chi books provide healthy tips to keep people’s bodies more efficient and their minds more conscious.

Back-Door Enlightenment

Once the proper mechanics and the mind/body connection are in place, Danny believes people have established the right conditions for energy to flow, which may provide an opportunity for a spiritual experience. The self-described “spiritual seeker” said he also is a firm believer that having a spiritual experience “must be grounded in the body” and is “not just an intellectual thing.”

“In the 60s and 70s, all these gurus came over from India… They were trying to teach quiet to this crazy Western culture. They were grounded in being,” Danny said. “The Western world is established on movement so, I thought, why not combine the two?“

In terms of best experiencing spirituality, Danny echoes the Taoist principles of tuning into the five senses during his trail runs, in order to tune out his mind. He also added that the Christian Bible passage about the body being a temple resonates in him.

“The biggest lesson I’ve learned is to listen to your body. Your body is your biggest teacher,” Danny said. “Your body is your temple, where you go to learn about the invisible world… So if you listen to your body and treat it well, you’re going to find out a lot of information that people read books and books and books to find out.”

Danny said that what has surprised him is that people pick up the book to learn to run better, and then they quickly realize it is not all about running. According to the vast majority of e-mails and testimonials sent to his website, the predominant theme from people who have read *Chi Running* is not about what they’ve learned from a running perspective, but rather how the book has changed their lives.

“It is hard to get across the fullness of this whole thing and the depth that it has…It’s one of those things I call ‘back-door enlightenment.’ People start off running and then become interested in the spiritual. It is a process of discovery and that is the coolest thing for me. That’s what I want it to be for others.”

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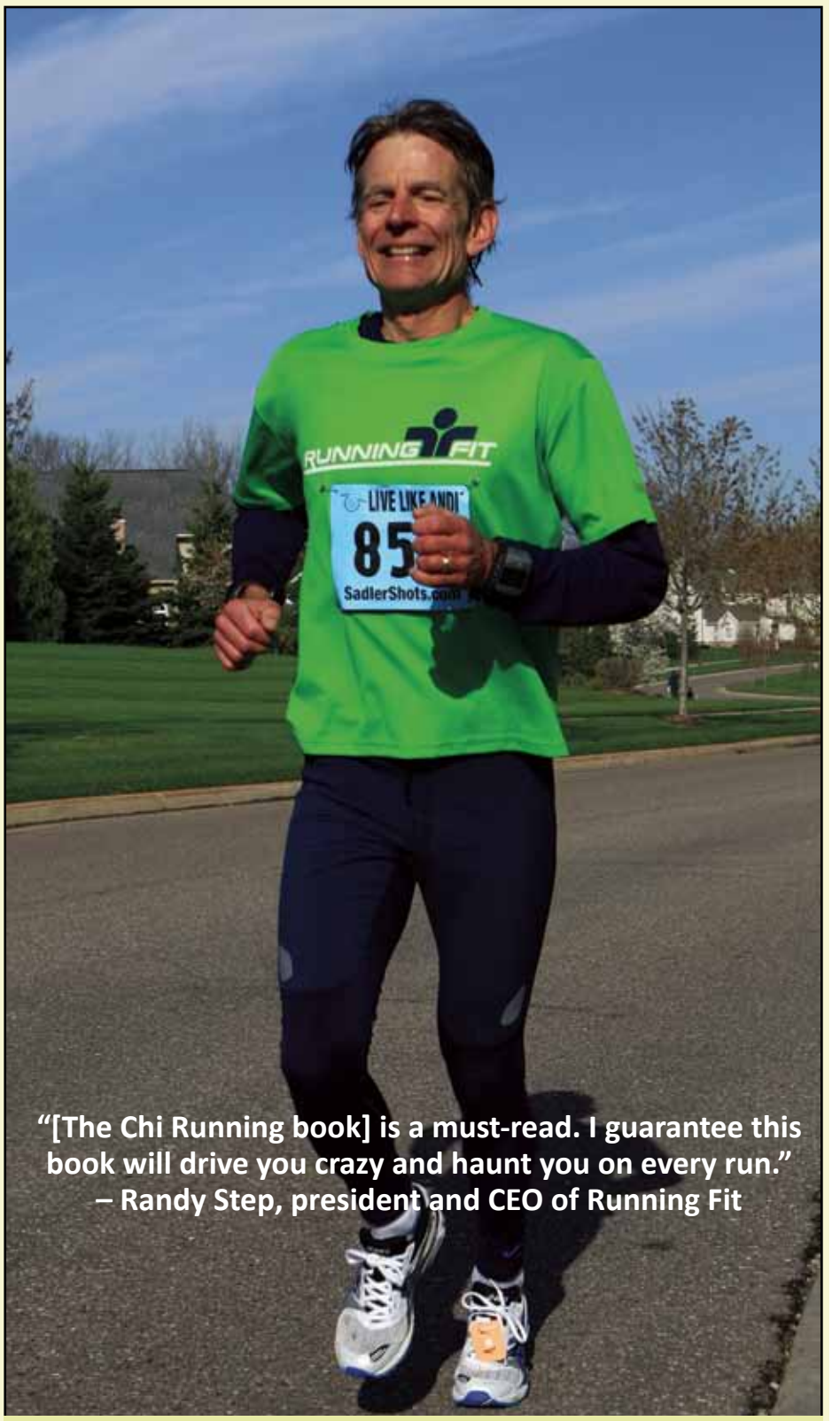
Chi Running/Chi Walking feature continued on page 18



“[The Chi Running book] is a must-read. I guarantee this book will drive you crazy and haunt you on every run.” – Randy Step, president and CEO of Running Fit

Randy Step’s Top Running Spot

As a passionate trail runner, **Bird Hills Park** is a gem, and right in town. From the parking area at the M-14 Barton Drive exit, hop over the Amtrack Tracks, cut through a bit of woods and you land on Huron River Drive, turn right, west, about 100 yards and hit the Barton Trail on your right, taking you over the Huron river and dumping you at the foot of Bird Hills Drive where it intersects Huron River Drive. A short run up the killer steep hill on this dirt road leads to the entrance of Bird Hills Trails on your left, every direction is great so get out and explore!

–Randy Step

For more information on form clinics offered through Running Fit, call the store’s Ann Arbor headquarters on Jackson Road at 734-929-9022.

Ann Arborite Judy Ramsey and her brother, Danny Dreyer

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Chi Running (and Chi Walking) Takes Off in Tree Town

Continued from page 17

"What I tell people is that Chi Running basically takes you back to how you ran as a kid... Before getting involved in this, I thought that someone was trying to make a buck off Eastern thought…Then I went to a Chi Running and Chi Walking workshop and I was blown away!"
– Sarah Young, one of three certified Chi Running instructors in Michigan

The hips rotate front to back, like clockwork around the fulcrum of the T9/10 vertebrae.

The knees are bent, and as you walk, focus is on the thigh.

The level of arm swing determines your speed.

The foot strikes just in front of the heel.

What has surprised [Danny Dreyer] is that people pick up the book to learn to run better, and then they quickly realize it is not all about running…[The feedback] from people who have read Chi Running is not about what they've learned from a running perspective, but rather how the book has changed their lives.

Chi Running… blends key concepts from the ancient martial art form of T'ai Chi with optimal running techniques.

[With Chi Walking] Danny Dryer encourages people to pay attention to simple things like how they feel when their foot hits the ground, if their hips are moving side to side, what their posture is like, and how their breathing feels.

As you walk, gaze about 10 feet in front of you.

Photos by Doug Russell

The Six Key Techniques of Chi Running and Chi Walking

1). Posture (crown of head to the bottoms of your feet)

2). Lean (forward with mid-foot strike)

3). Lower Body (relaxed lower leg)

4). Pelvis Rotation (locked forward)

5). Upper Body Form (core engaged)

6). Cadence, Stride Length, Gears (cadence unchanging, stride length changing)

Photo by Doug Russell

Chi Running's Local Connection

Judy Ramsey and Rachel Egherman, partners in Head To Therapies, a therapeutic massage practice on Collingwood Street. Both women are active proponents of Chi Walking. Judy Ramsey is the sister of Danny Dreyer, the author of *Chi Running*. The book is available at Crazy Wisdom.

Judy Ramsey's Hidden Walking Sanctuaries

1). **Dolph Nature Area**

Description: 57-acres on the city's west side. Trails offer an intricate system of creeks and wetlands connecting First Sister and Second Sister lakes. Nearly invisible spur trails lead down to the water.

Directions: Bordered by Wagner Rd. on the west, Jackson Rd. on the north and Parklake Ave. on the east. Parking is available in the main lot off Wagner Rd., or along the street on Parklake.

2). **Mary Beth Doyle Park**

Description: On the southeast side of town, 81-acres that provide picnic tables, a basketball court, swings, paved and unpaved trails, and an 18-hole disc golf course. A wetland preserve affords opportunities for wildlife viewing year round.

Directions: The park has four entrances: one is located off Packard just east of Cobblestone Farm on the south side of the street, one at the end of Birch Hollow Road off Stone School Road, one at the end of Verle, and a pedestrian overpass entrance from Plainview Court and Braeburn Circle. There is limited parking at Packard and Birch Hollow.

3). **Marshall Nature Area**

Description: 79-acres of ridges, hollows, and low-lying meadows east of Domino's Farms.

Directions: In the far northeast area of Ann Arbor, at the corner of Plymouth and Dixboro Roads. A small parking area is accessible off Dixboro Rd., just north of Plymouth Rd. West from the parking area is an open oak grove (which was the former site of a house). Trails begin at the northwest corner of the oak grove.

Descriptions and directions provided in part by ArborWeb.com and the City of Ann Arbor (a2gov.org), where online park maps are available.

Chi Running and Chi Walking Instructors in Michigan

1). Ken Henningfeld, Adrian, MI; 517-265-6881; Teaches in Southern Michigan and Northern Ohio
2). Sarah Young, Berkley, MI; 248-981-4404; Teaches throughout Michigan
3). Ken Andrews, Midland, MI; 989-205-6176; Teaches in Michigan, other U.S. states, and New Zealand
To locate Chi Runners and Chi Walkers in the area, go to the www.chirunning.com, then click on the Forum section.

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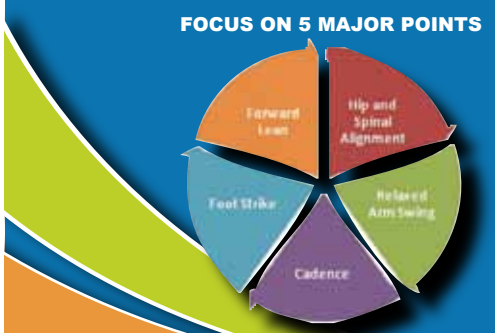

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Leaps of Faith: Tales of Newer Local Businesses

Melissa Bryant of Organic Bliss

By Mary Runser
Photos by John Fredericks

From major corporations to small businesses, business owners all over the state have been downsizing, reorganizing, and out-and-out closing their doors in the last several years. And yet, as the economy in Michigan has steadily declined over those years, there are still brave souls who have taken the leap of faith to open their own businesses here. The following are profiles of two local business owners who have left their — more mainstream — jobs, not because they were forced out, but because it was time to pursue their dreams. They tell us how they've been faring in this economy, and you'll see that it took courage for each of them to make the leap. And perhaps you will be reminded, as I was, that there is still opportunity in this country that we should not discount. As one business owner said, "There are still reasons why people want to come here, and those reasons are worth not getting apathetic about." I couldn't have said it better myself.

Organic Bliss

Melissa Bryant, owner

After spending 15 years in the mortgage lending industry, Melissa Bryant was ready for a change. She liked the industry well enough, but didn't like the fact that it was "just a job." "I realized I didn't want to live with the idea that I lived for the weekend," Melissa says. She liked the job in general and the travel that went along with it, "but it just wasn't fulfilling on a deeper level."

Melissa had already begun making lifestyle changes by beginning a yoga practice and eating healthier foods. She and her husband, Jason, also began "greening up" their home by using cleaning products that were safer for the environment, and they became interested in sustainability. These changes, made over the course of five years, are really what drove Melissa to make a change in her career.

With no experience in retail, Melissa still decided she wanted to establish a boutique that offered natural and organic body care, baby care, and lifestyle products. In June of 2008, she opened Organic Bliss in downtown Ann Arbor. Inside the boutique you will find "a range of carefully selected organic products that will help you maintain a healthy, balanced, and eco-friendly lifestyle."

Melissa's standards for inventory within the store are very high. "I truly care about the products I bring into the store," she said. "A lot of research goes into a product before it finds a home in the store. I really search for high-quality, pure products that promote a healthy body and mind, and preserve our environment through sustainable farming methods and eco-friendly packaging."

Melissa Bryant's standards for the inventory at ***Organic Bliss*** are very high. "I truly care about the products I bring into the store. A lot of research goes into a product before it finds a home in the store."

Inside Organic Bliss, you'll find natural, pure organic items ranging from aromatherapy, body care, hair care, baby care, cosmetics, and fragrances to books, clothing, accessories, and yoga supplies. You don't have to research the quality or purity of anything you might want to purchase, because that work has already been done for you. Melissa's goal is to provide products which are safe for the consumer. Also, she makes sure that ingredients that go into the products she sells are grown with sustainable farming methods in mind and that the packaging is as eco-friendly as possible, in order to save our resources and preserve the planet.

Melissa admits that retail is a risky venture in any economy, because you're never really sure what people will buy. This is especially true for the local, independent retailer. She has had to make changes to her business plan because of things she's learned along the way. The good part about that is that the business is growing, slowly but steadily, and she has built a really good customer base. "I never realized that [organic] skin care, cosmetic care, and baby care products would be as popular as they are, when I first started out." Melissa said. "And I didn't know they were particularly popular as gifts, as I've found them to be."

Organic Bliss is a direct reflection of the lifestyle changes Melissa and her husband began making several years ago. Has she found the fulfillment that her previous career lacked? "Yes," Melissa said. "Still, it's been a huge lifestyle adjustment, because it's a 24/7 thing. Even when I'm out of the store, I'm always thinking about it. But, I can definitely say I'm no longer searching."

Organic Bliss, 117 E. Liberty St., Ann Arbor 48104; 734-761-3047;
email: info@organicblissproducts.com;
website: www.organicblissproducts.com

beezy's coffee & café: simple, honest food

Bee Mayhew, owner

Bee Mayhew of ***beezy's coffee & café***

So I asked Bee Mayhew of ***beezy's coffee & café*** what she means by 'simple, honest food.' She answered, "It's food you could make at home but don't have to. It's food like your mom or your grandma used to make. It's things made from scratch and things made with sass."

Bee Mayhew opened her restaurant in November of 2008 with the idea of providing her guests with simple, honest food. "My vision really was to find that space between the idea that everything must be purchased locally, and the ability to provide good food made from pronounceable ingredients in a budget range that almost anyone can afford. The state of the economy when I opened was as bad as it was going to get, so to be able to provide a plate that included free-range chicken and eggs, while spending a little less on my deli meat in order to provide good food in a price range of five to ten dollars a plate, was quite a feat."

Even in finding that space, Bee still does her best to buy locally by using produce vendors like Frog Holler and by using the Ypsilanti Food Co-Op. Even when she has to use her "big box" supplier, she uses Gordon Food Service, because it is a Michigan-based business. "I feel that people need to use their voices with these bigger suppliers that already have the food lines established, to make them better. Ask them to better advertise their Michigan-grown and -produced items, so that you can purchase them. Everything I do here is about balancing resources so that it all works. Compromising commitment doesn't always have to be a negative thing."

The tight quarters and open kitchen of beezy's creates an atmosphere that invites everyone to become involved with what's going on. It's a little more laid-back, a little goofy, and a little less pretentious than the usual dining experience. This makes it easy for a visitor to feel comfortable enough to comment on the experience. "And that involvement, I think, is essential to my business," Bee said. So I asked her what she means by "simple, honest food." "It's food you could make at home but don't have to," Bee answered. "It's food like your mom or your grandma used to make. It's things made from scratch and things made with sass."

Bee has traveled widely throughout the country and has been in both Mexico and Canada. Actually, she was born in Canada. She and her siblings were raised on their mother's bartending salary and moved frequently, to go where the money took them. By the time she was 12 years old, she was unofficially helping out in the restaurants where her mother tended bar. At 16, she got her first job, at a restaurant in Petoskey, and worked there in fits and starts for nearly 10 years, learning all the positions and eventually becoming the general manager. She came to Ann Arbor to work with Zingerman's before opening her own restaurant.

With that background, Bee should have run as far from the food industry as possible, but as she says, "food service and the service industry in general is a noble profession, and I just feel that this is where I'm supposed to be." So, for the first time in her life, Bee is putting down some roots in Ypsilanti. And it is that — putting down roots — which she considers her "deepest act of rebellion." She's become more of a homebody, which allows her to "create my own idea of what I want my family to be." And, of course, beezy's has become a natural part of her family.

beezy's coffee & café: simple, honest food, 20 N. Washington St., Ypsilanti 48197; 734-485-9625; email: beezy@beezyscafe.com; website: www.beezyscafe.com

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Local Food Report:

An Update on Washtenaw County's Local Food Movement

Article and Photos by Jen Eberbach

Especially in the last few years, the idea of developing local food systems that sustain themselves has entered into a wide variety of discussions. Proponents of eating local argue how local food systems spur economic development and increase people's access to fresh, healthy food in the 21st Century. Research institutions, food market experts, and national media in the U.S. have been reporting that demand for locally sourced produce, diary products, and meats is on the rise.

On a cold and blustery day this March, stakeholders in Washtenaw County's local food system convened at the 3rd annual **HomeGrown Local Food Summit.** Farmers, food business owners, chefs, non-profits, community organizers, educators, and public policy experts met at the day-long conference to reflect on the local food community's successes and struggles over the past year and share ideas for the future.

I took the opportunity to learn more about locally sourced food from local foodies before, during, and after the summit. There are good signs that Washtenaw County has a maturing local food movement. In many ways, the county is riding the cusp of contemporary food initiatives with zeal. The county also faces all sorts of stumbling blocks to progress – sometimes quite monumental ones.

Many of the people I spoke with made a point to let me know that local food and demand for it have "always been here" in Washtenaw County. But they agree that the local food movement has really accelerated in the last decade, even more so in the last few years.

Defining 'Local Food'

You have to decide for yourself how far away 'local' food can grow before you no longer consider it to be 'local.' There is no standard definition, although Congress's 2008 Food, Conservation and Energy Act (also known as the Farm Bill) says anything less than 400 miles away or within the state constitutes 'locally or regionally produced agricultural food products.' People in Washtenaw County accept different definitions, frequently preferring much shorter distances than that.

This article mostly focuses on farms, businesses, and initiatives happening within the boundaries of Washtenaw County. However, the county's extended 'local food' network only multiplies as you move outward to surrounding communities. With that, the diversity of food products to choose from multiplies. You can already find a lot of what you like to eat grown and raised right here in the county. However, a greater network of growers, processors, distributors, retailers, and consumers exists around us, as well.

The local food system in Washtenaw County

Washtenaw County residents can eat food sourced from within the county in a number of different ways, whether you buy directly from farmers, choose local products at the grocery store, or dine at restaurants that support local farms. There are now 17 farmers' markets spread throughout the county where farmers sell directly to customers. There are also easily a dozen Community Supported Agriculture (CSA) projects in the county that sell shares of their yield directly to members. (For more information on many of the individual CSAs, read our cover story on CSAs in the May thru August 2009 issue of the *Crazy Wisdom Community Journal* on our website archive at: http://www.crazywisdom.net/PDF/CSA.pdf) Locally sourced products are also sold on the shelves of some of the grocery stores in town and a number of local chefs use locally sourced ingredients in their menus.

A food system includes more than producers and consumers. It also encompasses things like food processing businesses and distribution companies. A thriving local food system creates room for new niche market businesses to grow. The good news is that more food related businesses have been popping up in town over the last few years. There is also a push to get more locally sourced food into institutions like schools, hospitals, and restaurants, as well as to encourage municipalities to adopt 'buy local' practices.

In many ways, the county is riding the cusp of contemporary food initiatives with zeal. The county also faces all sorts of stumbling blocks to progress – sometimes quite monumental ones.

The bad news – which might astound you – is that only a tiny fraction of the food that Washtenaw County residents eat is sourced from within the county. County residents only spend about 1% of the $1 billion we spend on food each year on food produced in the county. The rest of our money leaves the local economy. The same goes for food produced here – the vast majority of both our food and money leaves the county.

Jeff McCabe hosts **SELMA Cafe** with his wife **Lisa Gottlieb** each week, and he is deeply involved with new farmer development in Washtenaw County and hoop house builds. McCabe proposes we try spending 10% of our food budget on food from the county. "At last year's summit, we introduced this idea of 'Ten Percent Washtenaw' looking specifically at what can happen within our own community here if we build a local food system. Just getting to where we source 10% of the $1 billion a year we eat in this county would be creating a $100 million food system. It would mean thousands of new jobs. You can look at it from almost any perspective that's important to you, whether it's food access, food security, jobs, economics, health outcomes, energy – all of those things are benefited when we build this local food system," he says.

The new Tilian Farm Development Center

Farms sourcing the county

Several area farms were identified as local food "mentors" during a summit presentation by **Kim Bayer**, the president of **Slow Food Huron Valley**, and **Dan Bair**, the manager of the **Farm at St. Joe's** hospital. **Community Farm of Ann Arbor**, located in Chelsea, is one of the oldest CSAs in the country, founded in 1988. Chelsea's **Tantré Farm**, owned by **Deb Lentz** and **Richard Andres**, is the biggest CSA with about 400 members. The **King family** at **Frog Holler Organic Farm**, located in nearby Brooklyn, MI, has been growing organic food for nearly 40 years.

Michigan is one of the most diverse farming landscapes in the county. However some foods are harder to find than others and the growing season is limited by our cold winters. For example, it is harder to find fresh local produce when it is not in season. A number of farms in Washtenaw County are using hoop houses to extend the growing season. Hoop houses are inexpensive greenhouses made by wrapping a plastic roof over flexible piping. Funds from McCabe and Gottlieb's community breakfasts have already helped build hoop houses on area farms, like **Tomm and Trilby Becker's** relatively new CSA **Sunseed Farm**, and others. The couple started a "Farmer Fund" to fund more hoop house projects. The plan is to build 20 hoop houses in 20 days this summer.

Numerous people at the summit said they would like to see more meat and dairy producers in the area; however, there are already some of note in our county. **Back Forty Acres** farm, in Chelsea, for example, raises a variety of pasture-raised poultry and grass-fed livestock, including chicken, turkey, lamb, goat, rabbit, pork, duck, geese, and free-range brown chicken eggs, according to the farm's product list.

Incubating young chickens: The new Tilian Farm Development Center

Farmland in Ann Arbor Township, off Pontiac Trail, will be the site of a farm incubator. The idea behind the **Tilian Farm Development Center** is to provide new farmers with land, equipment, and support for two years. The project is possible because of the formation of the **4-Seasons Farmer Development Program** funded by a U.S.D.A. grant. Members of the steering committee discussed the program at an afternoon "breakout" session at the summit. **Jeff McCabe** is involved in the project, along with **MSU Student Organic Farm's Jeremy Moghtader**, **Food System Economic Partnership (FSEP)** director **Jennifer Fike**, and 4-Season Farm Development Program manager, **Andrea Ridgard**.

"The goal from our perspective is that these folks are successful and that in two years they can move their business within our community to somewhere that is long term and sustainable for them," Ridgard announced. While the farmers are on the land, they hope to supply them with all of the equipment, mentorship, and knowledge they need to succeed after its time to let the next set of farmers get their start on the land.

Niche businesses in processing, distribution, and marketing

David Klingenberger

In the last few years, a number of new, independently owned niche businesses have sprung up around local food. A few years ago, local food distribution company **Eat Local Eat Natural** started gathering meat, dairy and eggs from nearby farms in their refrigerated trucks to distribute to local restaurants and other food retailers. **Dawn Thompson** and **Jane Pacheco** started a new online business, **Lunasa**, which sells local goods and food for pick-up twice a month. **Ed Weymouth** is biking local food to people and businesses in Ann Arbor through his unique new delivery business, **Arbor Cycle**. And **Karl and Cara Rosaen** have launched their nationwide website, **Real Time Farms**, which gives visitors up to date information about what local farms are growing, what restaurants are serving on their menus, and ways to find local food artisans and farmers' markets in your area.

Filling a niche by fermenting: The Brinery

The Brinery, a new fermented foods processing business, was "birthed out of a surplus of cabbage from Tantré Farm last year," says owner and Ann Arbor-raised briner **David Klingenberger**. He sells sauerkraut, pickles, and kimchi through the Ann Arbor Farmers' Market and local independent grocers, and a number of downtown Ann Arbor restaurants serve his products.

"I cut my teeth at Tantré Farm," Klingenberger recalls. He helped them start their CSA and farmers' market business back in 2001, working and living at the farm on and off over the years. "I first fermented sauerkraut there about ten years ago and just sold it to people through the farm. Then, last year, I came back to Michigan after being out West. They had a surplus of cabbage and I was ready to start my own foods entrepreneurial business," he explains.

The new entrepreneur is "impressed by the number of new food related niches that have been created around local food in the last few years." However, "I noticed that there wasn't a fermented foods business in the community I had gotten to know through working at Tantré Farms and [by] making other connections over the years. I thought, this is a niche that's not being exploited and I wanted to fill it as soon as possible," he explains.

Klingenberger buys surplus vegetables from local area and Michigan farms to produce his products. However, he would love to establish bigger contracts with farms instead of only buying their surplus. "A lot of small farmers want to grow for a

Continued on page 24

St. Joe's first hoop house

This year Americans will spend 49% of their food budget dining in at restaurants, ordering delivery, driving through fast food establishments, and eating meals prepared by other types of food vendors.

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Local Food Report

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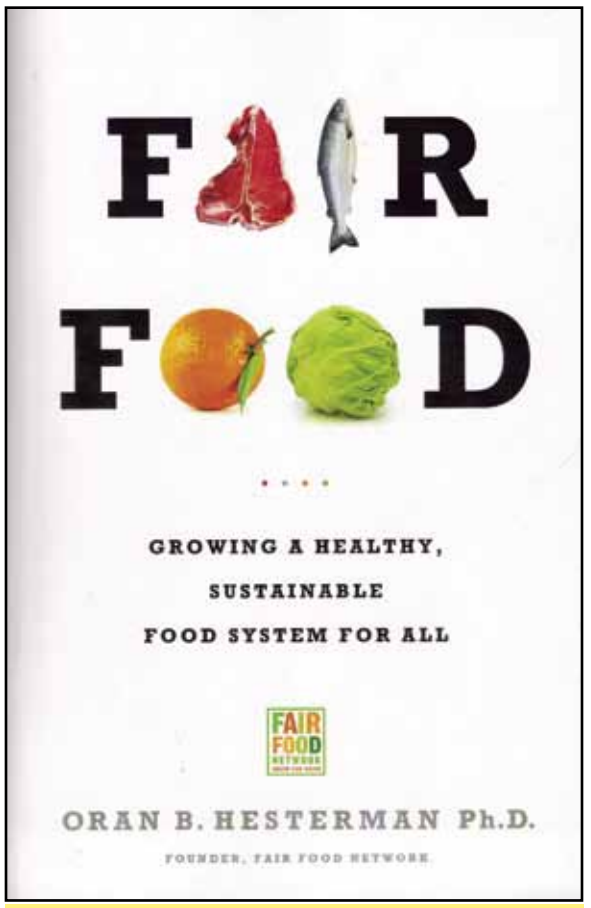


In late May, Perseus Books is publishing Oran Hesterman's *Fair Food: Growing a Healthy, Sustainable Food System for All*. Hesterman lives and work in Ann Arbor, and is the president and CEO of the Fair Food Network.

CSA or for a farmers' market, but I'd like to encourage the more mid-grade production of more of these crops for food processors such as myself," he says.

Institutions

Washtenaw County's food movement has been a strong advocate for getting more locally sourced food into institutions like schools and hospitals that serve a lot of food to people. For example, community gardening non-profit **Growing Hope** is getting grade schoolers involved in food growing through school day, after school, and summer programs, under the direction of **Amanda Edmonds**. St. Joseph Mercy Hospital has a new farm on the property that grows food year-round, **the Farm at St. Joe's**, which is managed by **Dan Bair.**

Economic development non-profit the **Food System Economic Partnership (FSEP)** has been developing "Farm to Institution" programs, which executive director **Jennifer Fike** says aim at helping schools, restaurants, and hospitals with sourcing food from area farms. "We've been successful in that we have 'Farm to School' programs in three of the five counties that we serve and we are looking to expand that further," she announced at the summit.

Fike says the demand for locally sourced food is already there. "When we work with these institutional buyers we find that the supply is not keeping up with the demand. These institutions want to buy local food year-round, but there isn't enough of it out there yet to be able to serve them," she says.

For information about the Ecology Center's effort to bring local, healthy food to hospitals, see our interview with Hillary Bisnett in our last issue, at: http://cwonline.squarespace.com/storage/journal-issue-47/ecology%20center%20web%2047.pdf

The case of restaurants

This year, Americans will spend 49% of their food budget dining in at restaurants, ordering delivery, driving through fast food establishments, and eating meals prepared by other types of food vendors, according to the National Restaurant Association. This is potentially good news for local farmers and independent food businesses across the country, especially since chefs purchasing locally sourced meat and produce are the top two 'hottest trends' in the restaurant industry right now (according to their nationwide survey of chefs who contributed to their *2011 Restaurant Industry Forecast*).

"What I really like about this program is that it's not about spending more money, it's about shifting who you are spending it with."

– Ingrid Ault, Director of Think Local First of Washtenaw

The **Jolly Pumpkin's** food philosophy has been locally-minded from the start (it was founded in 2009), according to the restaurant's head chef **Maggie Long**. Long has been in town for 26 years and says local food is much more than a 'trend' in Washtenaw County. "We live in a community that has always been extremely supportive. The Farmers' Market has always been here and the farms have always been here, even though some come and some go," she says. However, "it certainly seems like people are becoming more aware of what is going into their food these days. People ask about our menu on a daily basis," she notices.

During the growing season, the percentage of locally sourced food on their menu is upwards of 90%, Long reports. The chef prefers to buy directly from farms rather than using a distributor – although she doesn't mind having independently owned local food businesses, like distributor Eat Local Eat Natural, and online local food market, Lunasa, around when she needs help getting the ingredients she wants. "Personally, I like face time. I go directly to the farmers, talk to them and convey their back stories to my staff," she explains.

The good news is that more food related businesses have been popping up in town over the last few years. There is also a push to get more locally sourced food into institutions like schools, hospitals, and restaurants, as well as to encourage municipalities to adopt 'buy local' practices.

A slightly more expensive meal is worth it to the Jolly Pumpkin's customers, according to Long. "I have to charge a little more for it, but it's a far better product. People walking in the door get it. They know that what they are putting into their bodies is a good thing," she says. In Long's experience, "Dealing with farms nearby really cuts down on costs. You don't have the shipping costs because it's not coming from across the country. A lot of the financial benefit is in the back end, which you don't always see," she says.

Ann Arbor Brewing Company first hired chef **Nicole Young** a few years ago to spearhead an effort to buy more locally sourced food. About a year ago, the WCC culinary arts graduate became head chef of their downtown Ann Arbor restaurant. "Instead of buying everything from big distributors, we are now buying the majority of our products from a network of local growers – especially in season," she says.

"Dealing with farms nearby really cuts down on costs. You don't have the shipping costs because it's not coming from across the country. A lot of the financial benefit is in the back end, which you don't always see."

– Maggie Long, Jolly Pumpkin

Although planning a more local-friendly menu "takes some adjusting," Young thinks it is well worth it. "It's an adjustment to not be able to always get the product you are looking for in the quantity you want on a moment's notice. For example, you can order a case of 12 oz. sirloin steaks from a big distributor really easily. But you can also buy larger cuts of local meat and break them down or even buy a whole cow," she explains. "I'd love to see more local cheese producers in the area, and fresh local produce can be hard to find during the winter (although we are hoping to make connection with some hoop houses)," she says.

"To some extent, these things influence what we put on our menu, but once you make that adjustment, it's better. The quality of the ingredients you get is worth it," Young concludes.

Think Washtenaw First

Think Local First of Washtenaw director **Ingrid Ault** sees "natural connections between buy local movements and local food movements," she says. About 30 of its members are food related businesses. There is also a natural connection between the HomeGrown Local Food Summit's call for a "Ten Percent Washtenaw" campaign and projects that Think Local First is currently working on.

Ault says one of their big pushes in the next couple of years will be to encourage a "ten percent shift" in municipal spending in Washtenaw County. Think Local First's final goal is to support the passage of a purchasing resolution stating that 10% of Washtenaw County's municipal purchases be spent in the local economy. "I hope that Think Local First can be a champion for this government spending initiative," she says. "What I really like about this program is that it's not about spending more money, it's about shifting who you are spending it with," she says. "I think it's a myth that buying local has to cost more," she explains. Part of the push will include encouraging the municipality to source 10% of its own food budget on local food.

Conclusion

There is much more that goes into the local food movement than can fit into this article, including public assistance programs like "**Double Up Food Bucks"** at farmers' markets. People eligible for a SNAP Bridge Card (Supplemental Nutritional Assistance Program) can use their Bridge Card at farmers' markets. For each dollar they spend, they receive one "Double Up Food Buck" token that they can use to purchase more Michigan-grown fruits and vegetables at farmers' markets. There are also public policy initiatives happening that impact the local food movement. The **Michigan Good Food Charter** is a good place to continue learning about issues related to local food systems on your own.

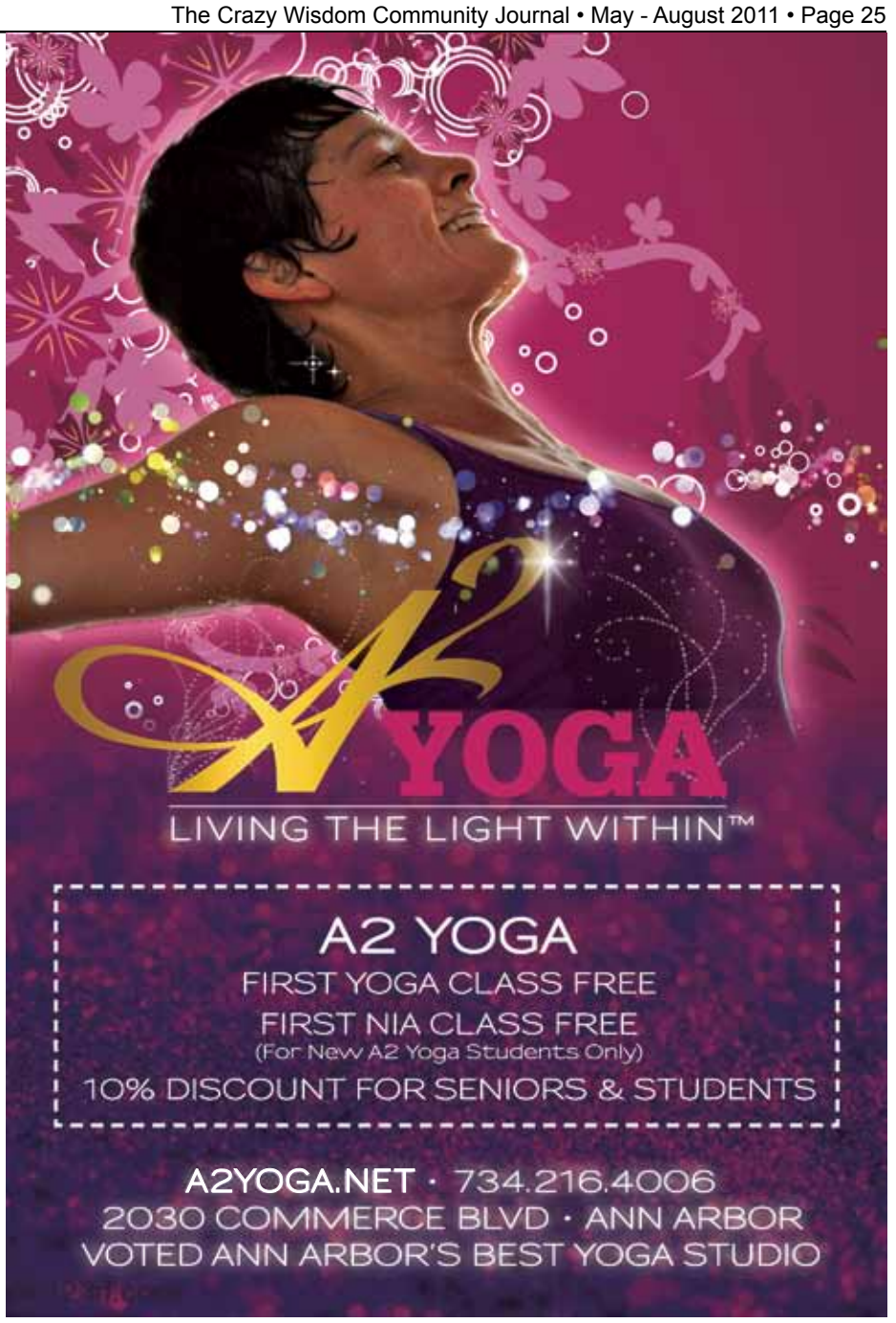
It's also worth noting the upcoming publication of Ann Arborite Oran Hesterman's new book, **Fair Food ~ Growing a Healthy, Sustainable Food System for All**. The book will be available at Crazy Wisdom at the end of May. Hesterman is the founder of the **Fair Food Network**, and has been a leading force in the sustainable food revolution over the last quarter century. See our interview with Hesterman in the Fall 2010 issue of the CW Journal at: http://cwonline.squarespace.com/storage/journal-issue-46/hesterman.pdf .

Events like the HomeGrown Local Food Summit and the festival they throw in the fall are excellent opportunities to immerse yourself in the world of local food and to meet Washtenaw County's food community. Summit time won't roll back around again until March 2012, but save the date for the next **HomeGrown Festival, which will be held September 10, 2011,** in Ann Arbor.

###

Weblinks for Resources Mentioned in the Local Food Report

HomeGrown Local Food Summit
http://localfoodsummit.org/
http://localfoodsummit2009.blogspot.com/
Selma Café – Jeff McCabe and Lisa Gottlieb
http://www.repastspresentandfuture.org/
Slow Food Huron Valley – Kim Bayer, president
http://www.slowfoodhuronvalley.com/
Farm at St. Joe's - Dan Bair, farm manager
http://www.sjmercyhealth.org/the-farm-at-st-joes
Community Farm of Ann Arbor – CSA farm in Chelsea
http://www.communityfarmofaa.org/
Tantré Farm - Deb Lentz and Richard Andres
http://tantrefarm.com/
Frog Holler Organic Farm – the King family
http://www.frogholleorganic.com/
Back Forty Acres Farm – Larry and Kevin Doll
http://www.backfortyacres.com/
Sunseed Farm – Tomm and Tribly Becker
http://www.farmsunseed.com/
Tilian Farm Development Center – Jeff McCabe, Jeremy Moghtader, Jennifer Fike, Andrea Ridgard
http://www.realtimefarms.com/farm/4757056/tilian-farm-development-center
Eat Local Eat Natural – Bill Taylor, Tim Redmond, Scott Aikens
http://www.eatlocaleatnatural.com/
Lunasa – Dawn Thompson and Jane Pacheco
http://www.lunasa.us/
Arborcycle – Ed Weymouth
http://www.arborcycle.com/
Real Time Farms – Karl and Cara Rosaen
http://www.realtimefarms.com/
The Brinery – David Klingenberger
http://thebrinery.com/
Growing Hope – Amanda Edmonds
http://www.growinghope.net/
Food System Economic Partnership (FSEP) – Jennifer Fike
http://www.fsepmichigan.org/
Jolly Pumpkin – Maggie Long
http://www.jollypumpkin.com/annarbor/
Ann Arbor Brewing Company – Nicole Young, executive chef
http://www.arborbrewing.com/
Think Local First Washtenaw – Ingrid Ault
http://www.thinklocalfirst.net/
Double Up Food Bucks – Rachel Chadderdon
http://www.doubleupfoodbucks.org/
Michigan Good Food Charter
http://www.michiganfood.org/
Fair Food Network – Oran Hesterman
http://www.fairfoodnetwork.org
HomeGrown Festival, September 10, 2011
http://www.homegrownfestival.org/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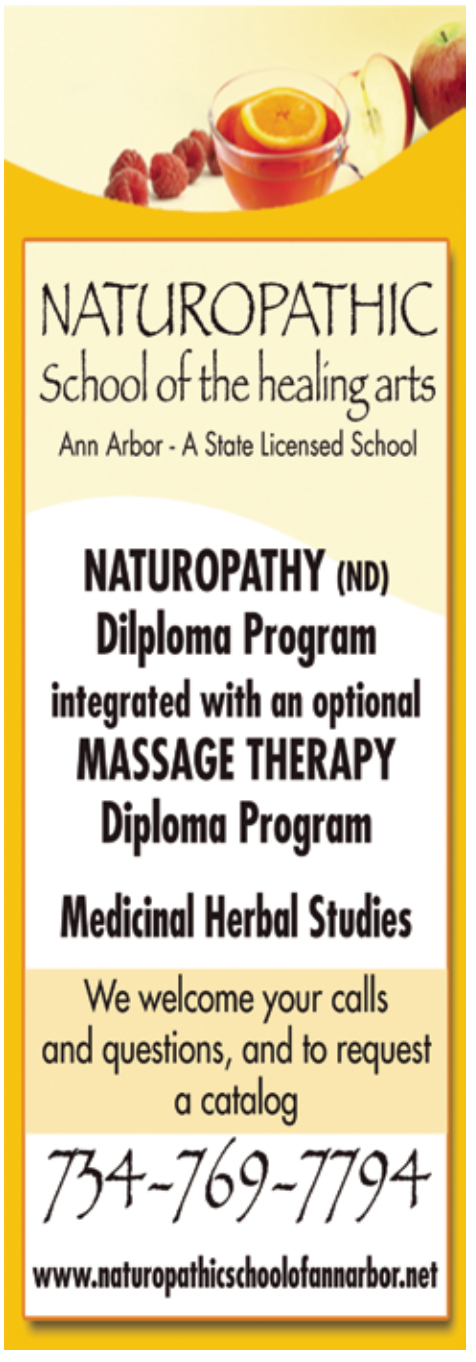


The Crazy Wisdom Interview with Dr. James Neuenschwander of Bio Energy Medical Center

The Rewards and Challenges of Practicing Integrative Medicine in the Age of Obamacare

"My heroes have always been people that looked at a problem that many others had already examined, and were able to find simple answers because they thought outside the box."

Interviewed by Bill Zirinsky
Photography by Rachael Waring

Jim Neuenschwander was first interviewed by the Crazy Wisdom Community Journal *more than twelve years ago, when he was 38. He was the first of Ann Arbor's second generation of integrative medicine doctors to set up shop. (The first generation basically consisted of Lev Linkner, Dennis Chernin and Patricia Kelly.) He was then a handsome young doctor --- idealistic, committed and passionate about the practice of alternative medicine. Now, 50, he is still handsome, still engaging, still committed and passionate. His idealism, though, has been tempered by his years of dealing with the medical system, and his years of working with the complexities of his patient's medical challenges. Nonetheless, he remains constructive and forward-thinking in his approach to patient care, and in his belief in an integrative approach to medical issues.*

Jim was raised in Dearborn. He received his BS in Cellular and Molecular Biology from the University of Michigan in 1981, and his MD from the U of M in 1985. He is the founder and Medical Director of the Bio Energy Medical Center on Professional Drive, near the Whole Foods Market on Washtenaw Avenue. (http://www.bioenergymedicalcenter.com/) He lives with his wife of 12 years, Tricia Neuenschwander, who also works as the Office Manager for Bio Energy. He has three grown children by his first marriage, and Tricia also has three grown children. They live in White Lake Township on Oxbow Lake, about an hour from Ann Arbor.

Jim is a lively and forthright conversationalist. He has a good sense of humor and a fine ironic bent, both of which may have held him in good stead as he navigates the absurdities, frustrations and sadnesses of our health care maze.

Bill Zirinsky: Jim, it's been 12 years since we last interviewed you. At the time, you were a young physician with a determination to provide an integrative medical care approach for people in the Ann Arbor region. At the time, only a few other allopathically trained physicians were doing this, in town. Now, you're 50, a new grandfather, and there are quite a number of integrative group practices around town. Let's start with some questions about the evolution of your integrative medicine practice.

Are you glad that you're an integrative physician? Do you sometimes wish you could just have a standard old medical practice, using all the regular diagnostic tools and methods? It would be easier, no?

"Every day I pull my hair out considering the way medicine is practiced. We actually know the cause of many illnesses; and yet, we persist in treating only symptoms. We are taught half-truths that are repeated often enough that everyone believes them."

Dr. James Neuenschwander: Every day I pull my hair out considering the way medicine is practiced. We actually know the cause of many illnesses; and yet, we persist in treating only symptoms. We are taught half-truths that are repeated often enough that everyone believes them. A perfect example is the treatment of heart disease. In the 1980's, it was determined that heart disease was definitely caused by free radical damage brought about by inflammation. We have known this for 30 years. And yet, which medication did your cardiologist put you on to reduce inflammation? None (with the exception of aspirin, which he put you on for blood thinning and not inflammation).

A wise man once said that no disease is the result of a medication deficiency. Heart disease is not caused by a Lipitor deficiency. Despite all of this knowledge, most people (including doctors) are still stuck in the false model that cholesterol causes heart disease. If this model were true, we would be curing heart disease right and left. Certain models in medicine are true — bacterial infections cause most ulcers. How do I know this? Because if I put a person who has an ulcer on one month of antibiotics, I usually cure them of the ulcer. If cholesterol caused heart disease, all I would have to do is put someone on a statin drug and their heart disease would be cured.

It is thought that 80% of what we do in traditional medicine simply does not work. I would put that number at 99.9%. How many therapies (outside of antibiotics) are curative? Not many. How many parents are told that their children's autism is incurable, because they have no drugs to treat it? And yet, we are able to significantly help over 50% of the kids we see by using nutritional and off label approaches. The true tragedy in all this for me is that

I have seen and learned too much. I know there is a better way for much of what we do in medicine, and I see the damage that is done because most of my profession opts for the traditional way. Would it be easier to go the traditional route? I would need to take an amnestic and forget everything I have learned and seen in the past 20 years. And yes, there are days that amnesia sounds good; but then again, I also have days that I would long to be the greeter at Meijer.

Bill Zirinsky: Are you as "alternative" as you used to be, however you would define that?

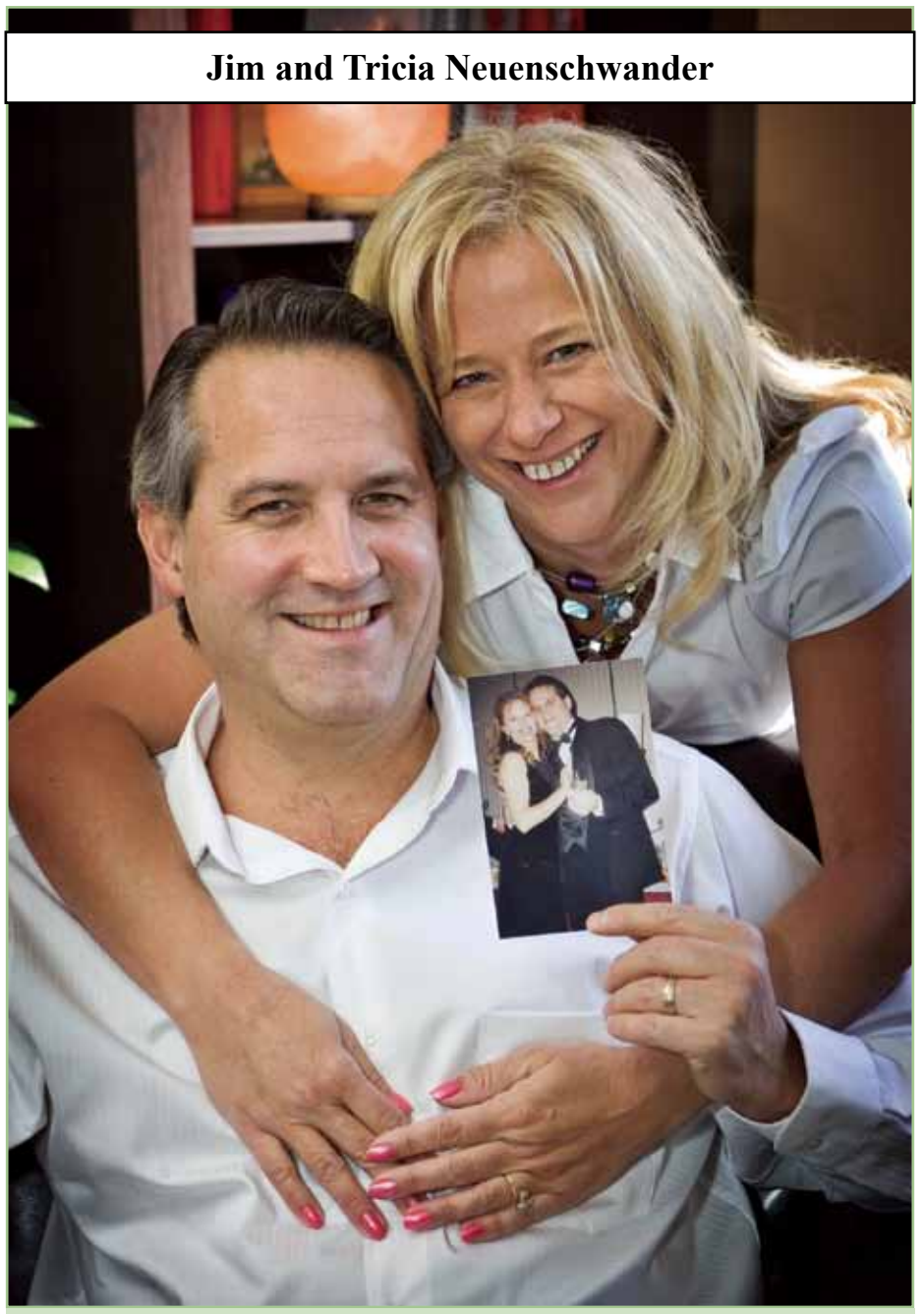
Dr. James Neuenschwander: Interesting question. I am certainly more integrative than I used to be. I have learned that to get at the root of health requires nothing but alternative approaches. Detox, exercise, meditation, and good nutrition are what you need for this. However, to get past some people's genetics or toxicities can require the use of medications. Frequently these are being used off label (for something other than their original use, i.e. we frequently use seizure medications to treat behavioral disorders). The paradox is that those of us that are integrative frequently have a far deeper understanding of the medications than many of our allopathic colleagues, who tend to prescribe based on the last position paper published by their respective specialty colleges . I have lost much of my fear of using medications where appropriate, but I certainly have not lost my belief in the use of alternative therapies to truly get to the root of health.

BZ: Do you find it rewarding to see the slow but steady growth in integrative medicine, and the number of younger people who are on your integrative/complementary path?

Dr. James Neuenschwander: Yes, I do. All we need is about 100,000 more of them, and we should be all set. I think the problem is that we are not taught to think independently in medical school. You have to have a good brain to get through medical school; and yet when you do, you are told not to think but to follow protocol. Most of the way medicine is practiced no longer requires a physician — only a computer with the appropriate decision tree. If you go to an emergency room with chest pain, most of the orders are pre-written and frequently started before the doctor even evaluates you. Much of medicine is like this. What we need are medical schools that teach doctors to think, to question, to seek out information beyond what the next blockbuster drug company is trying to disseminate, and to find the source of their patient's illness and then treat with the best modality for that patient, rather than what the protocol dictates.

BZ: Do you have more competition for patients than you used to, or less...or is that something doctors steer away from talking about?

Jim and Tricia Neuenschwander



"The Internet has been a godsend. The more information that is out there, the more people will expect in their own health."

The Neuenschwanders at their office on Professional Drive in Ann Arbor

Dr. James Neuenschwander: I suppose there is more competition, but there is also more need. I have been around long enough that I don't really have to worry about this. We offer a fairly unique product, and when that becomes so common that I don't have enough patients to keep me busy, then it is time for me to retire; I have accomplished what I dreamed of and changed the way we practice medicine. But, I am not holding my breath (or purchasing my retirement villa).

BZ: You used to use a Voll machine. What does that do? Do you still believe in it, and have time and evidence shown it to be legitimate and useful?

Dr. James Neuenschwander: We still use a Voll machine. It measures the resistance of skin to the flow of a small, electrical current at specific reflex points. These points correspond to various internal organs; so, the Voll allows us to get an energetic map of what is going on in the body. This type of testing is the most sensitive testing you can find. It is, in essence, measuring the body's subtle energy fields. This is where imbalances/disease starts.

I have an outstanding Voll operator in my homeopathic physician, Uma Desai. Dr. Uma has become very skilled in the use of our Voll machine. We updated our machine last year so that it is state of the art. I am always impressed. When Dr. Uma comes to me concerned that she picked up a heart or other condition on the Voll, it is almost always confirmed when I do medical testing.

I use the Voll for a number of things. First, it is a good way to determine a person's sensitivity profile. Patients will often have sensitivities to environmental chemicals or even the medications/supplements they take. The Voll is a good way to test for these. Secondly, I use the Voll when I get "stuck." When I am not finding answers with my standard testing, the Voll frequently will show the way. The third place I use the Voll is simply to get a snap shot of a person's health. They may look healthy but are really in need of care.

BZ: You were a strong believer in homeopathic medicine, even though you were trained as an allopath at U-M Medical School. Are you still? And what is it best suited for, in your opinion?

Dr. James Neuenschwander: Homeopathy is interesting stuff. We are administering minute quantities of a substance to treat the very symptom that substance would cause in a full dose. Have a fever? Take a homeopathic dose of a substance that causes a fever. They seem like nothing, but I have seen them do incredible things. I think homeopathics work well on children.

Continued on page 28

Interview with Dr. James Neuenschwander

Continued from page 27

They work well as subtle detoxifiers. They work well to change long-term (constitutional) health patterns. And, they are the primary mode of treatment for many people that have lived long and healthy lives.

BZ: I see that you continue to have an acupuncturist on staff, as you have, for many years. When do you bring the acupuncturist in to your medical cases? How does that work?

Dr. Neu: Acupuncture is its own system of medicine. Traditionally it was used to keep a person healthy. In traditional culture, you paid the acupuncturist to keep you healthy. When you got ill, it was considered a failure of your treatment, and you stopped paying: the exact opposite of our current system, which rewards only the treatment of illness rather than the maintenance of health.

Acupuncture seems to work best in certain conditions. First, it is outstanding in the treatment of pain. This is what most people think of when they envision acupuncture. I got interested in acupuncture after suffering from severe sciatica for three months. One treatment cured me. I got on the table in pain and got off that table out of pain. That was 18 years ago, and it has never returned.

It helps with all types of pain: back pain, migraines and other headaches, abdominal pain, joint pain, muscle pain, and pain from acute injury, to name a few. Acupuncture is also one of the few ways to access the nervous system, especially the central nervous system. This makes it helpful in treating neuropathies or neuropathic (nerve mediated) pain such as those caused by diabetes or the shingles. It can also help with ringing of the ears and vertigo.

Acupuncture has benefit with abdominal conditions such as constipation, pain, IBS, and pelvic pain. It has been shown to improve outcomes in fertility treatments, including doubling the success rate of IVF, improving hormonal balance in men and women, improving ovulation, increasing sperm counts, and others. The list is long. Basically, I tell my patients to try it for about 5 treatments. If they respond, they have a tool they can use for their health. If not, then acupuncture is not for them.

BZ: And colonics. They "still don't get no respect," as Rodney Dangerfield used to say, in the wider medical community. Tell us why you believe in their value? And has it been frustrating to you to see myths and fish tales persist, with respect to its safety, its usefulness, its value?

“The difference between this type of testing [ELISA and MELISA] and the standard blood work we are used to is like the difference between a skull x-ray and an MRI scan: it provides far greater information and detail about a person’s systems.”

Dr. Neu: For some reason, no one wants to talk about poop. Our digestive tract lies at the core of our health. It is, obviously, the place from which we get our nutrition; but recent research has shown that it is also what controls our immune system. We all know what stool looks and smells like. Given the choice, would you rather have that stuff inside you or outside of you? I choose the latter. We were all taught that whatever your normal stool frequency is, that is normal bowel function. Normal, maybe. Healthy? No way. This is another of those mass myths that are perpetuated by simply repeating them enough times to enough people.

Healthy bowel function is having a bowel movement after every meal. That means at least three times a day for most of us. It should take less than a minute, should be 18-24 inches long, and should float. If you don’t have that kind of function, consider colonics. Even if you do, consider colonics anyway. We live in a toxic world and eat toxic, radiated food. We no longer feed our digestive tract the natural bacteria or fiber it needs to stay healthy. Given that much of our chronic health conditions are related to toxicity, this is cheap insurance.

BZ: You mentioned to me that you treat more children than you used to. How did that come about, and what are kinds of problems and issues are you specializing in, in treating children?

Dr. Neu: My wife, Tricia, had a colleague who had an autistic son. She had heard that the child was essentially cured of autism using an alternative approach. When she investigated that approach, she discovered that it was all the same stuff I was doing with adults. She approached me to get educated on treating kids. I was already busy enough with my patients, but Tricia convinced me otherwise. We treat children with all types of childhood disorders — whether it be asthma, allergies, autism, ADHD, speech delay, sensory processing disorders, digestive issues, reflux, autoimmune issues, or any number of other issues; our approach works on many of these issues.

Children are wonderful, because they are healing machines. The progress it might take an adult a year to make, will take a child a month. It is very rewarding to see children that have behavioral issues, are unable to talk, or are on five medications for their asthma get better by removing the things that are making them worse and adding in the nutrients their bodies need. There is nothing more touching that to have a child that could not speak and whose parents were told that there was nothing that could be done, say “thank you” and “please” and “I love you, Mom” instead of hitting themselves in frustration because they can’t speak.

These childhood disorders have become an epidemic. Autism is up from one in 10,000, when I was a medical student, to one in 90 eight-year-olds; and, perhaps as many as one in 70 three-year-olds. Asthma, allergy, and autoimmune rates have followed that trend (not quite as impressively). In another 10 years, it will be abnormal to have a neurotypical kid that is not allergic and can breathe.

BZ: You are a very strong believer in good nutrition and nutritional information. How does that relate to caring for sick kids, kids with autism, childhood diseases?

Dr. Neu: We all have genetic glitches that affect our individual ability to tolerate environmental insults (hey environment, your mother wears army boots — sorry, I am getting a bit punchy). If the environment does not stress that system, we don’t get symptoms. So we know, for example, that many kids with autism or asthma have issues with their detoxification system. Autistic kids tend to be low in glutathione and lack methylated B vitamins. These two processes mean that they are going to be more susceptible to things in the environment that require glutathione or methyl B12 to detoxify. We also know that methylated B vitamins play a role in our behavior (just ask my office staff before and after I give myself a methyl B12 shot). I think the issue is that our environment has become more toxic in these areas.

We know a subset of autistic kids have extremely high levels of antibodies to certain vaccinations while they might not make any antibodies to other vaccinations. Obviously, if you don’t get vaccinated, this is not going to cause a problem. Similarly, if you aren’t getting dioxins from the environment, you don’t need the glutathione levels in the liver that you do in our environment. Our job as practitioners is to identify those issues and provide the nutrients to correct it. We also have to identify those environmental toxins and remove them. Sounds simple, but it is an ongoing adventure to accomplish those two things.

It is amazing what nutrition alone can accomplish. The perfect example of this was an experiment done with some white mice. In the research world, you can get mice that are so inbred that they are essentially identical twins of one another. So there is one such strain of mice called Agouti mice. An Agouti mouse is always white, fat, gets diabetes, and dies young of heart disease. They are studied to see what can be done to prevent these illnesses. When fat, white Agouti mice have babies, they are also fat and white and develop diabetes and heart disease. That is their genetic makeup. So, one brilliant researcher decided to see what would happen if the mother Agouti mouse was treated with good nutrients while she was pregnant. She gave the mice basic nutrients — omega 3 fatty acids, methylated B compounds, antioxidants vitamins and the like. When these mice gave birth, they had skinny, grey babies. It would be like two morbidly obese white people giving birth to a skinny, Asian baby. That is the power of nutrition. Those nutrients completely altered the expression of those mice’s genes.

BZ: Can you give us some examples of the interplay of nutrition and autoimmune disorders, allergies, fatigue syndromes, detoxification?

Dr. Neu: Autoimmune disorders, fatigue syndromes, and allergies are basically caused by the same thing: the immune system has forgotten who to go after and who to ignore. We call this ability immunotolerance. Early on, our immune system is supposed to identify what is “self,” so that it can go after anything that is “non-self” like a bacteria or virus. When we lose that immunotolerance, we started reacting to ourselves and we call it an autoimmune disorder.

When we lose tolerance to environmental factors such as pollens or food, we call it an allergy. When we lose tolerance to the childhood viruses we all get and never get rid of (chicken pox, herpes simplex, Epstein-Barr, etc.), we develop a fatigue syndrome. In all these issues, the immune system is spinning its wheel reacting to things it shouldn’t.

Recent research has determined that the immune system is controlled by the digestive tract and something called intestinal permeability. When we eat food, we are supposed to break down our proteins into tiny bits. When these bits are absorbed, they are too small for the immune system to recognize, and they do not cause a reaction. If those protein pieces are too big, they are not absorbed because the gaps between the cells in the intestine are too tight

(low permeability). Those bigger protein pieces end up in the colon where they are used by the bacteria that live there. No immune irritation. If, however, something happens to open up those gaps (increased permeability), those larger pieces of protein can get into the blood stream. When they do, they irritate the immune system. Now every time you eat that food, you are setting off your immune function. Couple that with the wrong genetics, and you have one of these disorders.

What increases intestinal permeability? Stress appears to be the biggest factor; but many other things can: food sensitivities, medications, infections, chemical agents, etc. So when we change a client's diet, or add good bacteria, or work to eliminate a medication, or improve their digestion, we are helping their immune system to calm down and eliminate the disorder.

BZ: What are some examples of the mainstream allopathic world having followed the lead of the integrative medical approach, over the last decade?

Dr. Neu: We are seeing far more interest in the value of nutrients. How many reports have you heard about vitamin D deficiency, and how important it is for our health? How about advertisements on television for fish oils? Even drug companies have jumped on board. Instead of investing one billion dollars in a new drug that might not work, they invest 100,000 dollars in a study that shows that their fish oil lowers triglycerides. You can look in any nutritional textbook and it will tell you the same thing; but because the drug company did the study on their fish oil and had the FDA sign off on it, they can claim that only their fish oil has been FDA approved to lower triglycerides. Then they make it available only by prescription and tell doctors how to use it. This is a model that both doctors and patients are used to. We will see more and more of this in the future.

Current examples of supplements that are being promoted by the drug companies include fish oils, antioxidants for eye health, bioflavonoids for joint health, probiotic compounds to treat gut issues, and methylated folate compounds for depression and heart disease.

BZ: Dr. Uma Desai, at Bio Energy, does E-Maps. What are they?

Dr. Neu: E-MAP is our acronym for the Voll (it stands for energy mapping of acu-points).

BZ: You said to me that some years ago, half of your patients came to you because they didn't like doctors, and the other half came because they weren't getting answers from their physicians. And that nowadays 80-90% come to you because they're not getting answers. Can you talk about this?

Dr. Neu: The Internet has been a godsend. The more information that is out there, the more people will expect in their own health. You mean I don't have to suffer with these hot flashes? You mean there is something that might actually cure my allergies? You mean my autistic child is actually treatable? People look for answers and find places like Bio Energy.

BZ: Please tell us some stories/anecdotes about the efficacy of an integrative approach when dealing with your patients. "There's a switch — once you turn on that switch, you're well." Would you elaborate on that?

Dr. Neu: We are designed to be well. Illness is an unnatural state. I compare illness to a rubber band on stretch. To get the rubber band back to its normal state does not require that you push it into that shape; you merely have to remove the thing that is keeping it on stretch. That is what we try to do.

The switch I am speaking of is a master switch. People that have had miracle type cures of incurable conditions will report that when the miracle occurred, they knew in an instant that they were well. It may have taken their bodies months to reflect that wellness, but it occurred in an instant.

I recall a story from a book on healing. The author was a physician who used Zen techniques to help people find their wellness. He spoke of a woman who came to one of his weekend courses — she was frail and had an obvious abdominal tumor. During the course of the weekend, something happened: she was visibly better. When he saw her later at one of his follow up classes, he asked her what had happened. She told him that she had had insulin dependent diabetes since she was an infant and had recently been diagnosed with an incurable liver cancer. While she was doing one of his Zen exercises, something happened inside her: she realized that, because of her illness, she had never chosen to live. In the moment, she flipped her switch and chose to live. Within six months, her tumor had disappeared; she looked healthy and had reduced her insulin. After one year, she fired her doctor because he kept insisting on another CT scan to look for the tumor that had disappeared. All because she found that switch. If we all knew where that switch was, I would have to find a new line of work.

BZ: You like to talk about being a doctor in terms of being in a service profession. Can you elaborate on that for our readers?

"It is amazing what nutrition alone can accomplish."

"There is greater acceptance that many of these nutrients have very real, pharmaceutical effects — even the drug companies are getting into the game."

Dr. Neu: I am here as a consultant. I offer advice that I think will be helpful for my clients. That is what we are supposed to do as physicians. I feel that given enough information, people will make the right choices. My job is to get them that information. That is why we spend time with our patients. It is the only way we can serve their needs.

BZ: You've moved your offices, from a quiet street over on Longshore near the Huron River, to a busy part of town, near Washtenaw and Platt. Why did you move? Do many of your patients come off of the highway, from other parts of southeastern Michigan? How are you finding the move so far?

Dr. Neu: The move was necessitated by a need for a larger space that better reflected the spirit of Bio Energy. We moved into a larger space with more room for everything. We also created a space that was environmentally friendly for our clients as well as our world. It is difficult to promote detoxification and clean living while sitting in a carpeted room with incandescent lights and a heating system that routinely kicks out dust. All of that is gone. All of our flooring is green. Our paints and cabinetry are green. Our lighting is green. Most importantly, Bio Energy has a very relaxed, spa-like feel. I think this is much more in line with our practice. Many patients also like the location because of its proximity to major roads. Our old office was tucked away in the woods — nice for us, but not so easy to find.

BZ: You're just down the block from the Parkway Center. There're lots of fine, integrative medical types over there — are you planning to interact with them at all, and if so, how?

Dr. Neu: We haven't planned anything formal. We have always used Castle Remedies for our patient's homeopathic needs, and that will only improve. Many of our clients also see other practitioners in this area, so probably not much will change.

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Interview with Dr. James Neuenschwander

Continued from page 29

BZ: You have always offered certain diagnostic tools that were not generally offered by allopathic physicians. Now, your "toolbox" is even broader. Can you tell us about Dark Field Testing, about ELISA testing, about MELISA testing, and about the kinds of nutritional testing that you do at Bio Energy?

Dr. Neu: Dark Field Testing is a way to evaluate someone's health status by looking at a living sample of blood. We take a drop of blood, put it on a slide, and look at it right away. We use a specific type of illumination that allows us to see living cells without killing them and staining them. The term "dark field" comes from the fact that the cells look bright against a dark background. This test allows us to determine multiple things about a person's health: signs of inflammation, free radical damage, gut toxicity, bacterial/viral/fungal infections, and the state of blood fats.

ELISA testing uses a blood sample to search for antibodies against food. If these are elevated, it implies that a person has a sensitivity to that particular food. MELISA testing is a newer variation on the ELISA theme. Rather than looking for a particular antibody to something (like in an ELISA test), the MELISA test looks at how the immune system reacts to things. This is particularly of use when looking for reaction to environmental toxins such as metals. At any given level of metal toxicity, the person with the higher reactivity will have more problems. This can be used to pre-test sensitive patients, who are going to have some type of metal implant, to determine if they will have an adverse reaction to that implant. We also do very in-depth biochemical testing to look for imbalances in energy production, amino acid levels, vitamin activity, intracellular mineral balance, and intestinal bacterial balance. The difference between this type of testing and the standard blood work we are used to is like the difference between a skull x-ray and an MRI scan: it provides far greater information and detail about a person's systems.

BZ: "What we're looking for is...function...function...function." You said that to me in a previous conversation. Can you elaborate on that?

Dr. Neu: We spend a lot of time in medicine evaluating structure. Most of our standard imaging tests (such as x-ray, CT scan, MRI scan, etc.) only tell us about our anatomy. It is great for recognizing fractures, tumors, or other physical anomalies.

When I talk about function, I mean how an organ system works, not merely what it looks like. This is also true of blood levels—they frequently have little to do with the total body function of that nutrient. If you want to know how much calcium is in a person's body, don't measure their blood calcium; measure their bone density, because this is where the majority of the body's calcium lies. In the same way, instead of ordering a B12 blood level, we measure what B12 does in the body. If we need B12 to go from A to B and our level of B12 is low, we will end up with too much A and not enough B. This is an example of functional testing. So many times, our symptoms are related to the function of an organ system, not the structure. I can't tell you the number of patients who have come here with "normal" workups only to discover that they have significant dysfunction in some important organ system.

BZ: In what other ways are integrative physicians better able to diagnose and serve and treat patients than they were 15 years ago?

Dr. Neu: There are a lot more labs that provide accurate testing that is not readily available at local labs. There is also a greater effort by these labs to include insurance billing as part of their services. Much of this testing used to be very expensive and labs would not bill insurance companies — this made it difficult for many people to afford these types of workups. This is much better. There is also greater acceptance that many of these nutrients have very real, pharmaceutical effects — even the drug companies are getting into the game.

BZ: You mentioned customizing nutrients and customizing recommendations, to patients, in ways that were not previously possible. Say more.

Dr. Neu: By doing the type of functional testing I discussed above, we can know ahead of time which specific nutrients a patient might need. Instead of using the "shot gun" method of using everything all at once, we can make sure that any nutrients we use are tailored to that patient. This is particularly true when we are talking about specialized diets for kids. There is little point in eliminating a food if a child has no reaction to it. Conversely, it becomes very important to eliminate that food if there is a significant immune response to it.

BZ: You said that the situation for many integrative physicians was on uncertain terrain, and may get worse, particularly in terms of Medicare and insurance...is the deck stacked against them...how?

Dr. Neu: The trend in Medicare is to standardize care to what is termed "best practices." This is the one size fits all approach to medicine. These are well-intentioned protocols that attempt to make sure that everyone gets the best care. The trouble is that it leaves little wiggle room. Right now Medicare offers a bonus to physicians that achieve certain goals — making sure a certain percentage of their patients got the flu vaccine or that all of their patients with high cholesterol are on a statin drug; this, despite a significant amount of evidence that neither of these make a difference in death rates or life expectancy. Currently, the program offers bonuses for attaining these goals. As of 2014, they will start deducting payments for physicians who don't meet those goals. That will be catastrophic for a practice like mine where the vast majority of patients don't want either treatment. Of course, all this can change.

BZ: I know that you're involved with some of the national organizations for integrative medical care. How does that sustain and stimulate you?

Dr. Neu: I am very busy and do not have hours of time to do my own research. I belong to organizations that bring this research to meetings I attend. In three days, I can catch up on a year's worth of new data and bring it into my practice. It is also great to sit in a room with 500 other doctors who actually think similarly and believe in the things I do rather than being the oddball on the block.

BZ: Are you training or mentoring younger physicians...if not, would you like to?

Dr. Neu: We occasionally have medical students spend a day in the office. I also have had other physicians "shadow" me for a few days. I have not formally been involved in mentoring. I am definitely interested in this — particularly with medical students. That is one of the few times in our training that we receive information that is reasonably uninfluenced by drug companies — there is still a chance to offer a different way of looking at things and have it be seriously considered. By the time you are done with residence, you are so brainwashed in the mainstream mode of thinking that there is no room for any "out of the box" approaches.

Even more importantly, I am interested in trying to figure out what is causing the epidemics of childhood syndromes such as autism, asthma, and autoimmune disorders. I would love to evaluate and monitor every child born in Michigan, along with their parents and siblings, from the time they are born until they are 18. Gather as much health information as possible to find possible causes including diet, toxin exposure, nutrients, vaccines, etc. The purpose would be to approach this problem from the point of view of gathering information rather than trying to prove a point. It would have to be done independent of any governmental or business entity to make it completely independent — we cannot have any sacred cows. We need to know the true causes so that we can make a difference. I would make this information open access and allow others to process the data to help us figure out this epidemic. We could do more for the health of our future by doing this than anything else.

BZ: Who were your role models as a physician? And who are they now? And do you have heroes — people or teachers or healer/doctors you look up to and admire?

Dr. Neu: My heroes have always been people that looked at a problem that many others had already examined, and were able to find simple answers because they thought outside the box. The perfect example is the two physicians who discovered that ulcers were caused by bacterial infections. They did this because they noted that almost all of their ulcer biopsies had these bacteria in them. They then demonstrated that ulcers could be healed by taking antibiotics. Others had noted these same bacteria previously, but no one made the connection, because, of course, everyone knew that ulcers were caused by stress and overproduction of acid by the stomach.

Some of my heroes include Isaac Newton, who described laws of motion and gravity, which applied to all of physics until the discovery of atoms and subatomic particles many years later. He did this through observation of nature and by helping to invent calculus. Another is Albert Einstein, who transformed physics with his relativity theories. He did this by doing thought experiments — simply using his brain. There was no computer, no particle accelerator, no laboratory with bubbling test tubes — only his brain.

Unfortunately, the field of medicine has very few of these types of people in it. We are so bound to convention that it is difficult to see beyond those conventions. We are taught medicine in the guru/disciple model. Our professors bestow the knowledge, and we are to accept it without question. We do what we do because our teachers did it the same way. Ultimately, this type of "monkey see, monkey do" teaching is what makes humans the dominant species on the planet, but it does not foster better solutions to our problems.

BZ: What's the hardest thing for you, personally, in maintaining a healthy lifestyle?

Dr. Neu: My most difficult thing is not getting stressed and having the discipline to maintain my exercise and diet routine. I also tend to get hyper-focused on the task of the day, frequently to the detriment of maintaining a balance in my life.

BZ: What's the most satisfying aspect of your work? What's the least satisfying aspect of your work?

Dr. Neu: The most satisfying aspect of my work is watching an autistic child, who is miserable and unable to speak, transform in to a normal child to the point where physicians don't believe the child was ever autistic. The least satisfying part of my job is dealing with my profession and looking at the huge barriers of money and process that keep a system going that does not work to improve our health. I bite my tongue and grind my teeth every time I overhear a parent complaining about their child's poor health, frequent infections, and the latest medication they have to be on for their behavior (at age 4). There is a better way, and the vast majority of people know nothing about it. I can only treat so many people — we need to change the whole system. That is a daunting task.

BZ: You mentioned to me that you feel yourself to be the "luckiest person around"...why?

Dr. Neu: I love what I do; I am successful at it; I am in love with my wife (after 12 years); I live on a lake where every warm day is like being on vacation; all my kids are healthy; and I have been blessed with a good enough brain to appreciate it all. Who wouldn't feel lucky?

BZ: What books would you recommend to patients?

Dr. Neu: *The 22 (non-negotiable) Laws of Wellness: Take Your Health into Your Own Hands to Feel, Think, and Live Better Than You Ever Thought Possible* by Greg Anderson, which is a brief primer on what it takes to be healthy, and *Getting the Love You Want: A Guide for Couples* by Harville Hendrix, which is a great book on relationships. (Editor's note: both books are available at Crazy Wisdom.)

"I can only treat so many people — we need to change the whole system."

BZ: Your wife, Tricia, is associated with Bio Energy. Please tell us about that.

Dr. Neu: Trish came in at a time when the office was near to closing. We were not making it financially. She took over management, turned it around, and increased our income 40-50% — all during one of the worst recessions in history. Plus, she is one the few people who can get me to improve myself.

BZ: How many kids do you have, and how old are they, where do they live, and what are they up to?

Dr. Neu: I have three children — Amber, age 30, Andrew, age 26, and Adam, age 22. Amber is married and has my first grandchild — unfortunately she lives in California. She is aspiring to a career as a documentary filmmaker. Andrew also lives in California. He is striving to a career in acting. Adam is in his final semester at U-M. He will graduate this spring with a dual degree in English and Theater Arts. I also have three step kids — Brandon, an electrical engineer in southern Indiana, Bobby, who is finishing his IT degree at CMU, and Bethany (our baby), who is at her first semester at CMU.

BZ: What do you love to do, for leisure, in Ann Arbor, in the winter?

Dr. Neu: Sit at a good restaurant, have a martini, and dream of spring and summer.

BZ: Thank you, Jim.

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Sustainable Health

By Judy Stone, CN, MSW

Pardon Me, Your Paradigm is Showing – The deception of evidence-based medicine

I am a nutritionist and a few months ago I received a call from a physician about a client we have in common. He was curious about my treatment protocol for this person because the client no longer had the condition for which she had seen that doctor (and a few others). After more than a year of a variety of medical interventions which had not produced the desired result, the client discontinued the medical regimen and began nutritional work with me. The doctor told me he had never in his career seen or known this condition to be cured.

As I began to describe my work with the client, I could feel what had been the doctor's initial enthusiasm and interest wane. He told me that although he could refer people to me, he couldn't support what I was doing. "What does that mean?" I asked, given that he just told me the client was free from a supposedly incurable condition. What's not to support? "It's not evidence-based" was the response.

I frequently recommend lab tests to clients to help evaluate how the body is functioning (or dysfunctioning) so that I can offer appropriate nutritional guidance. Most of the time, the doctors, who are the gatekeepers of lab tests (if you want insurance coverage), reject any but the most commonplace of tests. Sometimes I even a write letter explaining my (evidence-based) justification for wanting a specific test. But it's not evidence known to the doctor, he or she is worried about cost containment, and many MD's take great umbrage that a client or their nutritionist would assume that they have a right or the knowledge to request medical tests. So, despite it not being, in my clinical judgment, in our mutual patient's best interest, the answer is usually no.

For a client who wants to utilize non-traditional care as part of their health care, they are put in a very difficult position when their medical (or any other) practitioner is not open to working collaboratively with either the client, or other members of the client's chosen health care team. The client has to find a doctor who is sympathetic or at least open to a different point of view, but is often thwarted in that effort by insurance plans, and more importantly, by the sense of powerlessness that has been bred into the doctor-patient relationship.

To me, the use of the evidence-based medicine (EBM) defense to reject or condemn the unfamiliar is crazy-making, and, unfortunately all too prevalent when I have to bridge to the medical world as either clinician or patient. Although evidence-based medicine originated in the 1980's to develop "best practices" and effective patient care, my experience is that the accusation "it's not evidence-based" is frequently a weapon used to protect turf. I doubt this is a conscious intent; I think it is something that is so endemic to the medical paradigm that the assumptions underlying it go unexamined. By not examining EBM's presumed authority, however, we often miss opportunities to move health care forward and we deny people access to potentially safe, effective, lower cost, high-quality care.

Who wouldn't be for basing health care on protocols that we know are safe and effective? As both a clinician and a health care consumer, I always want to know about the evidence and risks of any intervention I'm considering. I decided to explore how evidence-based medicine – something that sounds like such a good thing – went so wrong.

I began by doing research on the origin of the term "evidence-based medicine." According to EBM pioneer and medical doctor, David Sackett, EBM combines three components: good external evidence (the study), clinical expertise and judgment, and thoughtful use of patient rights, predicaments, and preferences. Really? I was both surprised and relieved to read this definition. Because to hear how people talk about EBM, we all seem to have forgotten that clinical expertise and judgment and the thoughtful use of patient rights, predicaments and preferences are essential. It seems to me that we've all been lulled into group-think, that the Randomized Controlled Trial (RCT) is the be all and end all of EBM. How is it that the medical profession has abandoned its own definition of evidence-based medicine?

I spoke with Rita Benn, PhD, the Director of Education for University of Michigan's Integrative Medicine and also an investigator for the research arm of the program. I was curious at what point "clinical expertise and judgment" carried enough weight to translate into a funded study. Dr. Benn explained to me that if a clinician had 50-200 cases of using a protocol to help a particular condition, they could try to find an academic researcher with an interest in that condition and try to interest him or her in doing a pilot study. That researcher would then look for funding for the study from the University, from National Institutes of Health, or from a private source.

...Those who hide behind the evidence-based medicine defense would do well to examine the limitations and biases of their own evidence, and open to the possibility that perhaps they just haven't had the curiosity or taken time to look at other evidence that exists.

Here is where things take a twist. Typically, in my practice, and in many other holistically- or functionally-inclined practices, the same condition in 5 different people will have similar, but not the same, protocol; every body is individual. Different pathways gone awry can produce the same symptom, and part of the art and the science of healing is taking that uniqueness into account. So, I asked Dr. Benn how can we get to a pilot study when we don't have 50 identical protocols for the same condition? Her response revealed a major chasm between holistic and conventional medicine, "It's a challenge because conventional medicine has taken the approach that one size fits all with a variation of dose."

It becomes difficult to do a study for an approach to healing that doesn't seek to link one disease, one drug or even one herb – which is how most funding is set up. And, Dr. Benn explained, National Institutes of Health is organized into organ-specific units: cardiovascular, lung, kidney, etc. In my experience, unless you're talking about a broken leg, it is rare to have a condition that wouldn't involve multiple organs and systems. Because conventional medicine has divided your body into territories owned by particular specialties, getting funding for studies that consider you as a whole organism is not in today's EBM paradigm.

My inquiry into why the Randomized Control Trial has become the king of evidence-based medicine led me to Barb Scholz, a practitioner and instructor of Energy Healing. "Every choice or action produces data and evidence," says Scholz. "To throw away data from small sample sets because it hasn't been studied as a Randomized Control Trial is to throw away the leading edge. If we're good scientists we don't throw away data." Scholz's experience includes math, engineering, and medical instrumentation software design and I know her to have a keen ability to work with both sides of her brain, straddling both the intuitive and rational. This is an attribute I believe is sadly lacking in medical science.

How is it that the medical profession has abandoned its own definition of evidence-based medicine?

Scholz and I talked about the defensive parry – "where's the evidence?" – often used in response to less conventional healing approaches. "We're fully willing to run experiments on our whole society – cell phones, 24/7 daylight, electromagnetic radiation. We don't wait for the evidence because we're already invested in going ahead. So we have a green light on certain things and red lights on others. We use 'where's the evidence?' as a protective mechanism rather than a way to do good science," says Scholz. "In most studies, researchers are content with relatively short study times – 6 months, a year, maybe two," Scholz goes on, "but how about generational?" Often adverse effects show up in places we weren't even looking, or in time frames that far exceed what regulatory bodies consider adequate.

One major problem with relying on the RCT as the ultimate verification of truth in the world of medicine, healing, or anything else, is the reality that any study is limited by the assumptions it makes. For example, the assumption that 6 months or a year is long enough to verify the negative effects of a drug has been proven time and time again to be false, yet we act as if it were true. Another is that there will always be evidence we don't have a reasonable way to gather, or because of our particular bias, don't believe is important to gather. "We think science is based on universal evidence," says Scholz, "but it's based on a specific set of assumptions."

So although the EBM accusation is often hurled in the direction of non-traditional practices, those who hide behind the EBM defense would do well to examine the limitations and biases of their own evidence, and open to the possibility that perhaps they just haven't had the curiosity or taken time to look at other evidence that exists.

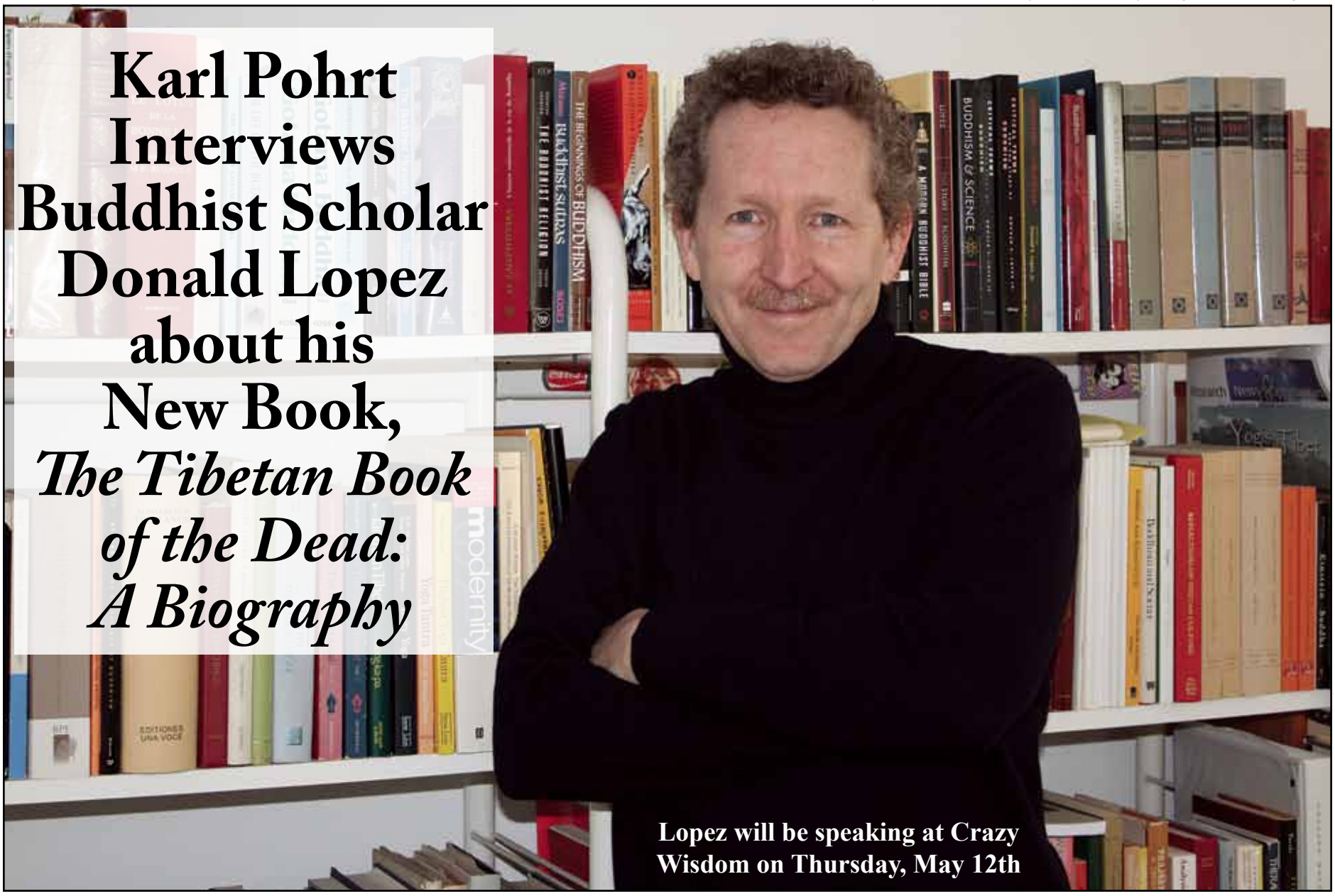
In my own field of nutrition, this wielding of EBM to discount the holistic perspective plays out in the American Dietetic Association's position that only RD's, among all nutritionists, are science-based and should be considered *the* nutrition experts *(*in fact, they have actively tried to legislate this to be the case). Recently, a colleague of mine was inquiring into a university program in Dietetics. She asked how much holistic or integrative nutrition content she would get if she were to enroll in this particular university's program. The answer? "We're not holistic, we're evidence-based."

Say what? When did evidence-based become the opposite of holistic? Good external evidence, clinical expertise and judgment, and thoughtful use of patient rights, predicaments, and preferences are the textbook definition of EBM. Holistic or conventional, how do you think your practitioners are doing?

###

(Judy Stone can be reached at 734-994-5549 or at: cfninA2@gmail.com. Her website is: CenterForFunctionalNutrition.com.)

Karl Pohrt Interviews Buddhist Scholar Donald Lopez about his New Book, *The Tibetan Book of the Dead: A Biography*



Lopez will be speaking at Crazy Wisdom on Thursday, May 12th

Interviewed by Karl Pohrt
Photography by Susan Ayer

(Donald Lopez, one of the nation's leading scholars of Buddhism, teaches at the University of Michigan. He is the Arthur E. Link Distinguished University Professor of Buddhist and Tibetan Studies, and currently serves as chair of the Department of Asian Languages and Cultures and chair of the Michigan Society of Fellows. He is the author of many books, most recently The Tibetan Book of the Dead: A Biography*, published by Princeton University Press. He will talk about his new book at a Crazy Wisdom Salon on the evening of Thursday, May 12th.*

I recently interviewed Professor Lopez about The Tibetan Book of the Dead: A Biography *at his home on the northeast side of Ann Arbor. He is gracious, curious, quick to laugh, and obviously deeply engaged with the world of Buddhism.)*

Karl Pohrt: Your biography of *The Tibetan Book of the Dead* is an amazing story, beautifully told and darkly amusing. Your book makes it very clear that *The Tibetan Book of the Dead* does not have the religious and cultural authority it claims. You say that *The Tibetan Book of the Dead* is not really Tibetan, it is not really a book, and it is not really about death.

Donald Lopez: What we call *The Tibetan Book of the Dead*, a work that was published in 1927, is really the product of Walter Evans-Wentz, its editor. It's not Tibetan in the sense that most of what you read in the book, including the prefaces and forwards and his copious footnotes, are in many cases quite unrelated to Tibetan Buddhism and Tibetan Buddhist practice.

> "It's not really about death. [*The Tibetan Book of the Dead*] is much more about rebirth and how one might use the process of death and rebirth and what is called the "intermediate state" to transform death into enlightenment."

Evans-Wentz was able to acquire a Tibetan text while he was visiting Darjeeling in 1919. He couldn't read Tibetan, so he took it to the local English teacher at the Maharaja's Boys School in Gangtok, Sikkim, and he had him translate various chapters out of this much larger work. It is selections, in some ways random selections, from a much larger Tibetan text. And so the book that we have does not correspond to the book as it exists in Tibet.

And it's not really about death. It is much more about rebirth and how one might use the process of death and rebirth and what is called the "intermediate state" to transform death into enlightenment.

In Tibetan Buddhism and some other forms of Buddhism, there is the idea of an intermediate state—the *Bardo* realm—a time between death and rebirth that can last from one instant up to 49 days. This is a liminal period in which many things can happen, and if you know what you're doing during that state, you can ideally become a Buddha or at least have a good rebirth. If things go badly, you have a bad rebirth. So the Tibetan book that Evans-Wentz had translated is really about the state between death and rebirth, its opportunities and its dangers. It's not about death in the more conventional sense of the term.

> "I think that Evans-Wentz was quite well intentioned, but the work that he presented was ultimately one that was in many ways quite at odds with what we now know about Tibetan Buddhist practice and literature."

Karl Pohrt: My first encounter with *The Tibetan Book of the Dead* was in the late 1960s when I saw a stack of copies in a bookshop on State Street. I noticed that it was published by Oxford University Press, one of the oldest and most prestigious academic presses in the English-speaking world. The Oxford imprint carries a certain cache, and I assumed it was legitimate. When I finished your book I was reminded of Dostoyevsky's remark that *Don Quixote* was the saddest book he'd ever read. Cervantes says Don Quixote's "brain dried up" because he believed everything he read. The lesson is that whatever the reputation a text has, we should always read it critically. Is *The Tibetan Book of the Dead* a fraud?

Donald Lopez: It certainly was not meant as a fraud. When we use the word fraud we're usually thinking about some sort of intentional deceit. I think that Evans-Wentz was quite well intentioned, but the work that he presented was ultimately one that was in many ways quite at odds with what we now know about Tibetan Buddhist practice and literature.

You have to remember that this was a time when it was very difficult for Europeans or Americans to go into Tibet. Evans-Wentz never went himself. He was just in the borderlands, in Sikkim and North India. Very few Tibetan texts had made their way out and very few people could read Tibetan. So I think we have to cut him a little slack based on what was available to him, but he also had a very distinct agenda with which he undertook this project. He was a Theosophist.

Karl Pohrt: Of course, does it matter whether or not it's a fraud? All sacred texts take on a life of their own, however spurious their origins. *The Lotus Sutra*, which claims to present teachings of the Buddha toward the end of his life, appeared five hundred years after the death of the Buddha. And New Testament scholars generally agree that the earliest of the synoptic gospels—Mark—was written sometime after 70 AD at the earliest. The other gospels came later, even though they read like they were written by contemporaries of Jesus. My grandfather memorized *The Rubaiyat of Omar Khayyam*, a poem which claims to be a translation of verses composed by Omar Khayyaam, a medieval Persian poet. The poem by Edward FitzGerald, a Victorian poet, is not noted for its fidelity to the original, but I don't think my grandfather cared a

Karl Pohrt Talks to Professor Donald Lopez

Continued from page 33

whit about that. The poem spoke to him. This is what you call Reception History. Could you talk about that?

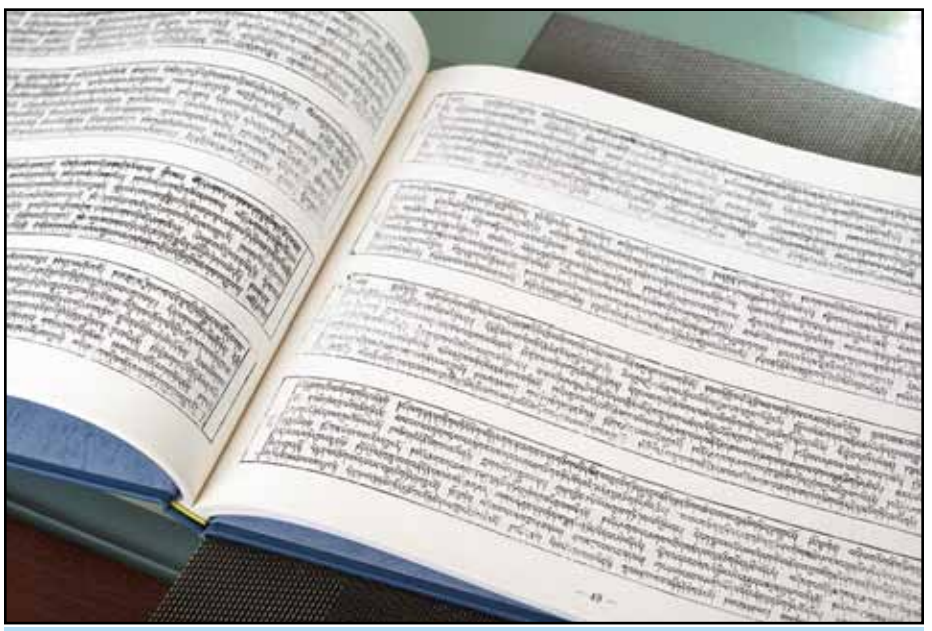
Donald Lopez: What you say is exactly right. It is certainly true in the case of the Buddha himself. We know that nothing the Buddha said was written down until some four hundred years after his death. If we're worried about figuring out what Jesus said from something that was written forty years after his crucifixion—now multiply that by ten.

Karl Pohrt (the founder and long-time owner of Shaman Drum Bookshop) and Professor Donald Lopez discussing his new book, *The Tibetan Book of the Dead: A Biography.* There will be a Crazy Wisdom Salon entitled **An Evening with Buddhist Scholar Donald Lopez** on Thursday, May 12th at 7 pm --- Lopez will be discussing his book and engaging with the audience on Buddhist topics.

However, those books are what we have. Those are the books that have been canonized and that have become the basis for the religion. There are certain things that are unrecoverable. We cannot recover exactly what it was that Jesus taught and exactly what it was that the Buddha taught. But I think we are bound to try as hard as we can and to establish the limits of what we can know and what we can't know.

In the case of *The Tibetan Book of the Dead*, we now know a lot about where this Tibetan text came from. So you're right. It really is like *The Rubaiyat of Omar Khayyam*. To a certain extent it is something that has taken on a life of its own, and it's very important to know that life story well. The book I've written is a history of *The Tibetan Book of the Dead*, the book Evans-Wentz produced and published in 1927. I think that ideally one can know the history well, one can understand as much as it is possible to know about the process by which it was constructed, and still find inspiration there. I don't see the critical or historical approach and the religious or spiritual approach as necessarily being antithetical.

Your mention of Omar Khayyam reminds me of Borges' essay "The Enigma of Edward FitzGerald." Borges ponders the miracle of an Englishman translating a selection of five hundred quatrains by a Persian astronomer of the thirteenth century and producing one of the most popular works of Victorian literature. According to Borges, the case calls for "conjecture of a metaphysical nature," and he wonders whether Omar may have been reincarnated in England or whether the spirit of Omar possessed FitzGerald around 1857.



"I think *The Tibetan Book of the Dead* has had several lives and has died and been reborn several times."

Karl Pohrt: Who vetted the manuscript at Oxford?

Donald Lopez: Walter Evans-Wentz's real name was Walter Wentz—Walt Wentz from Trenton, New Jersey. He got his B.A. at Stanford and then went to England for further study at Oxford. While he was there he saw that many upper class British had hyphenated names and so he took his mother's maiden name and became Walter Evans-Wentz.

Again, we need to acknowledge that there was relatively little available on Tibet back then, yet the fascination with Tibet was almost as strong as it is today. So when he came forward with this translation—and the translation itself is quite good—I assume that Oxford was happy to publish it. And given how many copies it has sold, they're undoubtedly still very happy.

Karl Pohrt: *The Tibetan Book of the Dead* gained traction in America at that moment when the taboos surrounding death began to give way. Everyone is anxious to know what happens after death, but *The Tibetan Book of the Dead* is still a fairly exotic explanation.

Donald Lopez: I think *The Tibetan Book of the Dead* has had several lives and has died and been reborn several times. As we know from the various editions and the new prefaces that were added, it has found an audience in each generation. The 60s was really the time—as you recall—when there was an explosion of interest in Asian religions. Part of that was because of the Vietnam War, part of that was just a sense we had that there was something profoundly corrupt about Western culture in all its manifestations, and the idea, which has turned out to be a romantic one, that some sort of alternative could be found in "the East" or "the Orient" as we used to call it, this vague undifferentiated area that we used to talk about. There were the "Eastern Religions" and we somehow imagined that Hinduism and Buddhism and Daoism and Confucianism and Shintoism were all of a piece. So there was a kind of naiveté at that time, a naiveté which in retrospect is rather poignant. At that same time there was this whole explosion of work on death and how one dies and there was the Hospice Movement. Elisabeth Kübler-Ross wrote *On Death and Dying* and Raymond Moody wrote *Life After Life*. In the midst of all that, this old 1927 book came back and was picked up by Timothy Leary and the Beatles; it was ancient wisdom, perennial wisdom to be tapped.

"I don't see the critical or historical approach and the religious or spiritual approach as necessarily being antithetical."

Karl Pohrt: You couple the story of Joseph Smith's discovery of the sacred plates buried in upstate New York with the discovery of sacred texts supposedly hidden in Tibet by the tantric master Padmasambhava in a way that is wonderfully respectful of both religious traditions. You do this without challenging the truth claims of either the Mormons or the Tibetans.

Donald Lopez: In Tibetan Buddhism there is a genre of literature called *terma*, which literally means "treasure." The idea is that the great tantric master Padmasambhava came to Tibet in the late 700s and he couldn't stay very long, and he had various things that he knew the Tibetans would need in the future. As the story goes, he dictated these scriptures in a kind of coded script and buried them all over the country—in mountains and rocks and at the bottom of lakes and inside pillars. Those texts began to be discovered some centuries later and were even discovered into the twentieth century. They have become one of the most important genres of Tibetan literature over the centuries. The Tibetan work that became *The Tibetan Book of the Dead* was such a text, buried in the eighth century and unearthed in the fourteenth century.

Of course, scholars have to look at these buried "treasure texts" with a great deal of skepticism because they're not written in Tibetan. They're written in a language that only the person who discovers them can read and that person translates them into Tibetan so that others can read them.

This is a controversial point in the field of Tibetan Studies because from one perspective—to use your term—they look a lot like frauds. It looks like someone trying to gain spiritual authority for himself by saying *look what I just found*. Nonetheless, they have become part of the canon. We have a structurally similar case of the discovery of sacred scriptures when Joseph Smith unearths the tablets of *The Book of Mormon* in upstate New York.

To get back to the issue of how one can be both a critical scholar and also a religious person—I was very struck and moved by the story of Smith because everything he did occurred not on the other side of the world, but in upstate New York. This is not a place we would consider exotic. And it occurred not in the 700s, but in the early 1800s.

It happened, in other words, in the light of history. American historians and Mormon scholars know a lot about everything that Smith did. We have letters and all sorts of pamphlets and papers—all the kinds of documents that we don't have in the case of *The Tibetan Book of the Dead*. That places a different onus of credibility and authority on *The Book of Mormon*. It has been said that Mormonism or the Church of Jesus Christ of Latter-day Saints is the most American of all religions, and one reason it is so American is because it sanctified American soil. Smith dug down into the dirt of upstate New York and he found a sacred book.

And the Tibetans did a rather similar thing. They couldn't go to India anymore. Buddhism had essentially disappeared there. So how do you find new scriptures? You dig them up.

In 2007, I gave some lectures in Puerto Rico, where Buddhism is becoming popular. Two Nyingma Lamas had been there to give some teachings. My hosts said, "They told us that Padmasambhava came to Puerto Rico and left some texts in the mountains."

Karl Pohrt: From our vantage point, it is easy to dismiss Evans-Wentz, who was born in Trenton, New Jersey, and never learned the Tibetan language, or Lama Govinda, who was born Ernst Hoffman in Germany, or Madame Blavatsky, a Russian medium who started the Theosophical Society as—at best—romantic amateurs who misrepresented and twisted Hinduism and Buddhism to fit their own agendas. But is this too harsh a judgment? Maybe the window through which we observe others is always cloudy. Evans-Wentz, Govinda, and Blavatsky were also early western pioneers in the encounter with Asian religious traditions.

"It's probably the case that every great religion began as a cult or as somebody calling it a cult and calling its founder a fraud. We know this is the case with Jesus, Mohammed, and the Buddha from their own scriptures. The question is: Why did these cults turn into world religions?"

Donald Lopez: I agree entirely. I've often tried to talk about the importance, especially, of Madame Blavatsky and the Theosophical Society. In the late 1800s, India and Asia were being overrun by Christian missionaries who were telling the Buddhists that their religion was idolatry and superstition. Madame Blavatsky, a Russian medium, and her friend Colonel Olcott, an American Civil War veteran, sailed to Sri Lanka to defend the Buddhists against the British and they went to India to defend the Hindus against the British. There's something quite heroic about them. They believed that there is a single mystical tradition from which all religions spring, an idea that continues to this day. And so the fact that they were trying to see Hinduism and Buddhism through that lens is not surprising in the least.

Returning to this theme of the light of history, we know a great deal about these people and therefore it's very easy to see their faults. It's like the first time you see high definition television. Do you really want to look into the pores of your favorite actors?

It's probably the case that every great religion began as a cult or as somebody calling it a cult and calling its founder a fraud. We know this is the case with Jesus, Mohammed, and the Buddha from their own scriptures. The question is: Why did these cults turn into world religions? Why did these "frauds" turn into founders and saints? I've always found the study of this process fascinating. Most of the so-called frauds and cults fall by the wayside—they become heresies. But others survive, and it's often for more worldly reasons than because the truth they have is better than the truth someone else has.

Karl Pohrt: And finally, what do you make of the late Tibetan teacher Chogyam Trungpa's strange comment, which you quote, that the animal realm is characterized by the absence of a sense of humor? My cat has a fine sense of humor unless he's hungry or he thinks my grandchildren are teasing him.

Donald Lopez: My dear departed cat Benny was one of the funniest sentient beings I've ever met in my life. I miss him for his sense of humor above all.

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(The interviewer, Karl Pohrt, was the founder and long-time owner of Shaman Drum Bookshop, an Ann Arbor literary institution for 29 years.)

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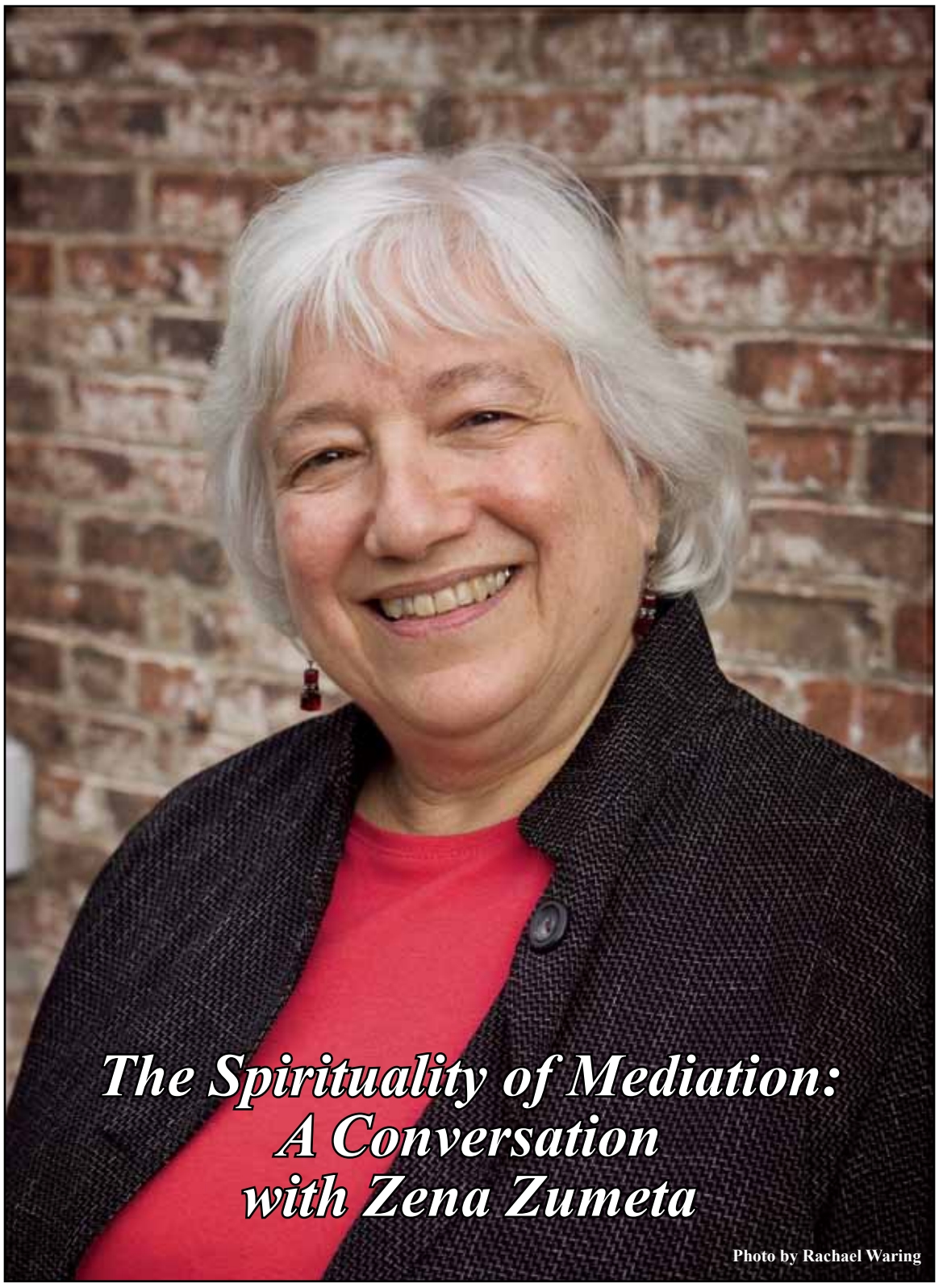

The Spirituality of Mediation: A Conversation with Zena Zumeta

Photo by Rachael Waring

By Mary Runser

(Mediation is an alternative method of dispute resolution that involves a third party, who negotiates a settlement or another form of resolution to a situation, to which *both* parties can agree. Ann Arborite Zena Zumeta has a national reputation both as a mediator and a trainer of mediators, and she sat down with staff writer, Mary Runser, to talk about the spiritual aspects of mediation, and its relationship to her long-time meditation practice.)

"While I was in law school in Ann Arbor, my mother was dying of cancer. So I was under a lot of pressure," Zena explained. "I took a yoga class and, during one of the classes when I was in the corpse pose, I must have transcended. I came home glowing, and feeling very light and energetic." But she could never replicate that feeling again in yoga class.

"I went to my friends to ask whether that was what meditation did, and they said 'yes.' So I signed up immediately." Zena began studying Transcendental Meditation, which is the form she still practices today. "Meditating gave me energy, inner peace, and expansion," Zena said.

"When I came out of law school in 1975, I was a labor negotiator and also did some community organizing. Both of those things made me pretty competitive and aggressive." She admits that, for awhile, being embroiled in that competitive and argumentative environment was enjoyable, but she learned that it was not a very productive approach for the people she represented.

That approach was also not natural for her personality, though she didn't realize it right away. "In fact, it was my husband who suggested that it might be helpful to have some integration with what I was trying to do internally — with meditating — and my work. It felt to him like I was schizophrenic."

Zena didn't like herself as an aggressive advocate. "I did eventually come to realize that, as I was changing on the inside [through meditating], I really did want that change on the outside as well."

Resolving Conflicts, Creating Peace

Zena Zumeta, co-founder of the Ann Arbor Mediation Center, mediates disputes between neighbors, family members, landlords and tenants, employers and employees, businesses and consumers, and schools and parents. She is also well-known in the field of mediation training through her company, the Mediation Training and Consultation Institute.

"I realized that…any lessons I wanted to learn, any growth that I wanted to experience, I could do through mediation as well as meditation. It's actually humorous to realize that there's only a one-letter difference between the two words, and they really are that closely related."

As often is the case with many of the best things in life, Zena found mediation by accident. In 198, she was working with the Institute of Gerontology, training others to advocate for elders and elder organizations. "While I was there, I was asked to mediate between two faculty members. Because of my experience and background in labor organizing, they knew that I was familiar with negotiation. So I did it, and we were able to reach a settlement."

While she was very comfortable being in the middle of conflict, Zena realized that she was *more* comfortable helping people to resolve their conflicts, rather than helping them to fight, or fighting for them. "I came upon the realization that mediation was, in fact, the way to integrate the internal and the external, my spiritual growth and my work," Zena said.

Ever since then, Zena has been mediating disputes between neighbors, family members, landlords and tenants, employers and employees, businesses and consumers, and schools and parents. She is a co-founder and past director of the *Ann Arbor Mediation Center*, and current president of *Zena Zumeta Mediation Services*. She also continues her work with labor-management cooperation as president of *The Collaborative Workplace.*

Working with mediation has been spiritually enlightening for Zena. It's taught her many spiritual lessons and paralleled the things she was learning through meditating. "One of the primary lessons that I learned through meditating and mediation is that you cannot be too attached to the outcome; it really is about the journey. In mediation we say, 'Trust the process,' and it's an exact parallel of [the saying], 'It's about the journey, rather than the destination.' "

Zena's goal is to elicit what the parties want out of the process. If they want an agreement, she'll help them achieve that goal. If their goal is to vent, or to just be heard, then she'll help them do that. "Often they will change their minds along the way, and what they thought they wanted in the beginning may be very different from what they want in the end, or what they can achieve. It's necessary to be open to a change in direction as we go along."

Zena has been in situations in which an involved party is adamant about what they want and is thoroughly unwilling to change their mind. The first question she asks in this situation is: Can they get what they want? "Often, getting what you want only masks getting what you need. If people can get to a point where they understand that getting what they need is more important, that's a great win for the process."

The idea in any mediation situation is to be an instrument of peace. "That's really the holiest of outcomes to be had in mediation," Zena said.

With all its parallel lessons, mediation became like a mirror to Zena that reflected her own spiritual growth. "I realized that anything I wanted to do as a person, any lessons I wanted to learn, any growth that I wanted to experience, I could do through mediation as well as meditating. And when I figured that out, it left me with a feeling of such freedom. [My work] really has become a reflection of where I am spiritually."

Zena said that there are many commonalities between mediation and meditation. "It's actually humorous to realize that there's only a one-letter difference between the two words, and they really are that closely related." "Mediation" even sounds like a more comfortable situation than "conflict resolution" or "dispute resolution," more like allowing oneself to slip into a comfortable and warm sweater, rather than putting on a jacket that feels like steel wool.

Another thing that Zena has learned through her work in mediation is that when all else fails, prayer works. "There are many times when the parties might be at impasse and I don't have any ideas about where to go with the situation. I am always amazed by the things that can happen when, after trying everything I know, I finally hand a situation to God and allow Him to work it out."

"One of the primary lessons that I learned through meditating and mediation is that you cannot be too attached to the outcome; it really is about the journey. In mediation we say, 'Trust the process,' and it's an exact parallel of [the saying], 'It's about the journey, rather than the destination.' "

"The honor, the privilege and the blessing of being able to do the work that I do," Zena said, "is that it does support my soul and it supports the souls of the people with whom I work." She continued with tear-filled eyes, "It's just amazing to be able to do this work."

Zena is renowned in the field of mediation training. She teaches mediation and conflict resolution to lawyers, mental health professionals, managers and employees, and community members through her company, the *Mediation Training & Consultation Institute*. She and her staff travel throughout the country to offer mediation training programs. She especially enjoys introducing the mediation process to lawyers "whose souls are so starved, and I see them open up. I still can't believe I get to do this!"

While she was very comfortable being in the middle of conflict, Zena realized that she was more comfortable helping people to resolve their conflicts with mediation, rather than helping them to fight, or fighting for them.

Along the way, Zena has been a leader in state, regional, and national mediation organizations. Her work has been recognized with numerous state and national professional awards, including the Lifetime Achievement in Mediation Award from the Family Mediation Council-Michigan.

In a time when we are so often forced to ignore our souls, or to fight for things that simply aren't right, Zena gets the opportunity to help others rediscover and revive their souls. "There are a lot of seekers who find through mediation a way to bring back the universal, the whole and the soul," she said. "And to be able to make a living by helping people accomplish this has been a gift. Really, it was a gift to even find it."

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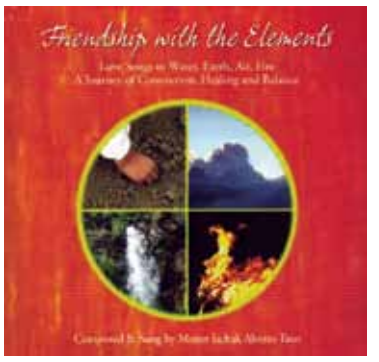

These chants are love songs to the elements, sung by Alverto Taxo, a Master Iachak from the High Andes of Ecuador. The songs, sung in his native Kichwa language, are spontaneous outpourings of gratitude, affinity, friendship, and connection to water, earth, air, and fire. The sounds, the melodies, and most especially the feelings that come through his expression are an invitation to us to reconnect to the elements, and to our own heart - an invitation to remember that we are earth, air, fire, and water. He has also written a book by the same name.
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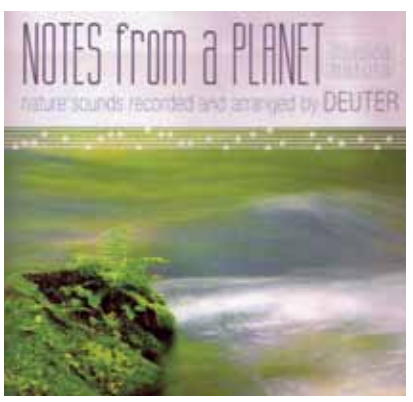
Notes from a Planet cd



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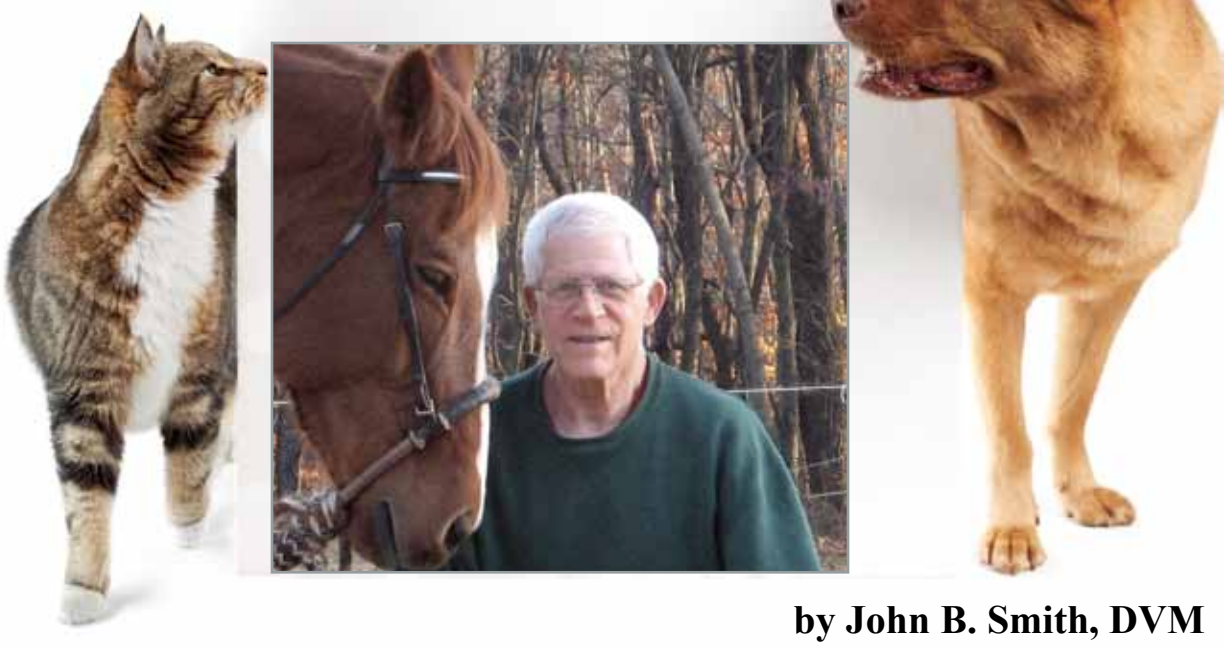
All Creatures Great and Small

Functional Medicine Resolves Chronic Conditions in Pets



by John B. Smith, DVM

"Functional medicine" is a very recent addition to the alternative/complementary medicine spectrum. Although it has been evolving since the early 20th century, its formal inception occurred in 1991 when Jeffrey Bland, PhD, founded the Institute of Functional Medicine (IFM). Functional medicine is also closely associated with naturopathic medicine — since Dr. Bland is one of the co-founders of Bastyr University, one of the three colleges of naturopathic medicine in this country.

Functional medicine deals with the prevention and treatment of the underlying causes of chronic disease by addressing core clinical imbalances, to restore each patient's functionality and health. When functional medicine works really well, the only change for the patient is a change of diet. Many times the body has the capacity to remain in balance once well-being is restored.

Functional medicine is a complement to allopathic medicine, not an alternative or replacement. In common with holistic medical systems such as traditional Chinese medicine, functional medicine recognizes the interconnections between the mind, body, and spirit.

The principles of functional medicine include a belief in biochemical individuality (the importance of individual variations in metabolic function) and a focus on patient-centered treatment, which emphasizes "patient care" rather than "disease care." Also, functional medicine defines health as "positive vitality" — not just the absence of disease. Finally, it recognizes the homeodynamic nature of health and disease, in which the body constantly undergoes physiologic and metabolic processes.

Functional medicine is often described as the crossroads where nutrition and genetics meet. As such, it does not view genetics as destiny, but instead recognizes that genes must be activated and can be deactivated. This occurs when harmful chemicals are taken into the body with food or by exposure to the environment. One can see the power of this insight in the assertion by the IFM that 97% of all human cancers are preventable.

Continued on page 40

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Functional Medicine Resolves Chronic Conditions in Pets

Continued from page 39

I was a veterinarian for over 30 years when I became involved with functional medicine, due to a health problem that I developed seven years ago. I had a type of tendonitis called "trigger finger," which causes one's fingers to become locked if one grips anything too tightly.

Conventional medicine's treatment of trigger finger is surgical. I would have been open to that, except I was told that the surgery would have to be repeated every three years. I was doubtful that the surgery would be successful more than once or twice. With the help of the Internet and finding functional medicine through the IFM, I found a better solution to my problem.

With the analysis provided by functional medicine, I found out that I am gluten sensitive, and that this was the reason behind my trigger finger. Gluten is a protein found in wheat, rye, and barley. By the time a diagnosis was made, I also had chronic fatigue and fibromyalgia-like symptoms. All of my symptoms are now gone, and stay away as long as I don't eat gluten.

I learned functional medicine "the hard way" by dealing with my illnesses, but I later also benefited from the many educational opportunities that the IFM provides practitioners.

Many of the members of the IFM have similar personal experiences that bring them to functional medicine. Functional medicine examines the core clinical imbalances that underlie various disease conditions, of which food allergies are just one example. Other precursors to disease include imbalances of hormones or neurotransmitters, oxidation reduction, immune system imbalances, inflammation, and digestive, absorptive, and microbiological imbalances. Improving these imbalances – in the patient's environmental inputs and in the body's fundamental physiological processes – is the path to restoring health.

Functional medicine focuses on functionality at many levels, rather than a single treatment for a single diagnosis. Functional medicine also uses the patient's story as a key tool for integrating diagnosis, signs, symptoms, and clinical imbalances into a comprehensive approach to improve health and functionality.

However, my patients are of the four-legged variety. As far as I know, I am the only veterinarian applying the IFM paradigm to the treatment of animals. I decided to try it on animals after it was so helpful to me. All practitioners are presented with patients they cannot seem to help. I was in hope that functional medicine would be useful for those poor creatures that seemed beyond help.

With a little tweaking, functional medicine has worked wonderfully on pets. I still see some patients that do not respond to treatment, but not nearly as many as before. Utilizing functional medicine in my practice has been an exciting and invigorating experience. Were it not for functional medicine, I would be retired by now!

"As far as I know, I am the only veterinarian applying the Institute of Functional Medicine paradigm to the treatment of animals…With a little tweaking, functional medicine has worked wonderfully on pets."

Many of my patients come to me with a history of being on antibiotics and/or steroids for years. One of my favorite patients is good example of the power of functional medicine to unravel complex chronic illness. Gracie is a five-year-old Doberman who was suffering from severe itching, dermatitis, and hair loss when I first saw her. She had been on antibiotics for four of her five years. Every time an attempt was made to discontinue antibiotics, the itching and dermatitis would return.

Analysis of organics acids in Gracie's urine pointed to an imbalance of intestinal bacteria. A comprehensive stool analysis revealed that she had a small intestinal overgrowth of lactobacillus, partially due to the probiotics she was being given. Discontinuing the probiotics and suppressing the overgrowth — with botanicals, not antibiotics — along with nutritional support, has completely resolved Gracie's dermatitis. She recently appeared in an ad in *Hot Rod* magazine with her shiny, healthy coat.

In addition to skin disease and allergies, many veterinary patients come to me with chronic gastrointestinal (GI) disease. Functional medicine gives one the perspective and tools to sort out classic "abdominal mysteries" — be they pancreatitis, hepatitis, or simply vomiting and/or diarrhea.

Many other diseases are connected to GI tract dysfunction in less obvious ways. Abby, a 12-year-old Labrador, came to me two years ago because of recurrent bladder infections caused by E. coli bacteria. Antibiotics provided only temporary relief.

"Functional medicine allows for true prevention, rather than simply early detection."

The underlying cause of Abby's bladder issues was a condition called "leaky gut." Her small intestine had become "leaky" because of food hypersensitivities, which allowed bacteria to translocate to her bladder. Restoring normal GI tract function, along with support for her bladder, has resolved all of Abby's leaks.

Another common disease with a connection to the GI tract is feline asthma. Marley is a 12-year-old domestic shorthair who was taking several hundred dollars of drugs every month for asthma when I first saw her. Resolving her food allergies and restoring a normal balance of GI microflora has enabled Marley to lead a drug-free life.

Sometimes disease will be caused by dietary deficiencies. Tuko is a two-year-old Schnauzer who suffered a grand mal seizure. Tuko does not have epilepsy; rather, her seizure was associated with inadequate blood levels of several minerals and amino acids, in spite of being fed an excellent diet.

It turns out that Tuko's requirement for these nutrients is much higher than most dogs. Biochemical individuality is one of the fundamental tenets of functional medicine, so determining her special need for additional supplements was the key to her recovery.

An emphasis on prevention is another pillar of functional medicine. Charlie is a Standard Poodle who was brought to me as a puppy. His owners' charge to me was to prevent Charlie from dying from cancer at a young age, as their previous two poodles had. (Actually, cancer is so common in all dogs and cats that standard poodles don't stand out in this regard. Present estimates are that 50% of pet dogs and cats get cancer.)

"Utilizing functional medicine in my practice has been an exciting and invigorating experience. Were it not for functional medicine, I would be retired by now!"

When Charlie was three years old, we ran several laboratory tests that are unique to functional medicine. We were able to determine that he was developing imbalances in his colon that are associated with colon cancer. Hopefully, the supplements we prescribed will enable Charlie to dodge that bullet. Functional medicine allows for true prevention, rather than simply early detection.

From a functional medicine perspective, chronic diseases remind me of the nursery rhyme "How the Kingdom Was Lost." The kingdom was lost because of a missing horseshoe nail, which prevented the messenger from riding the horse, which prevented the king from being warned of an invading enemy, who took over the kingdom. Nobel Prize-winning chemist Linus Pauling, one of the progenitors of functional medicine, is quoted as saying that "all illness begins with a mineral deficiency." With functional medicine, we can detect that deficiency before the kingdom is lost.

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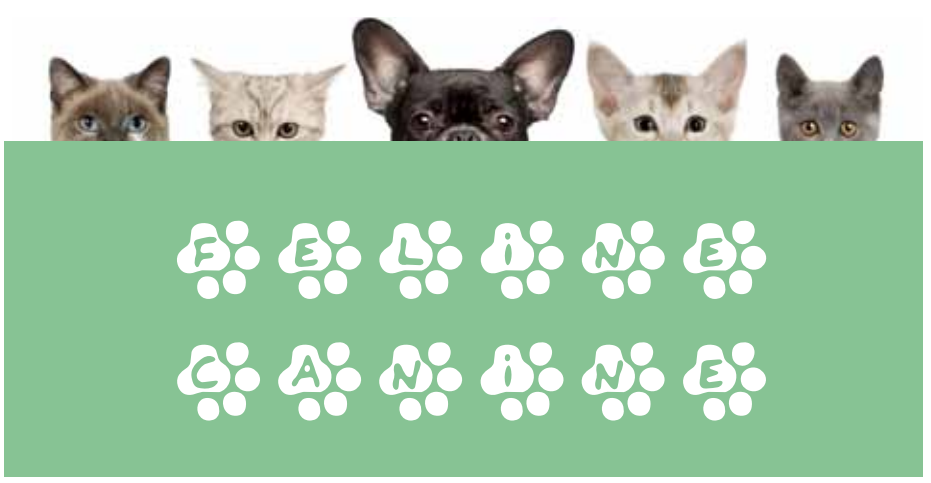
The clinic of John B. Smith, DVM is called Petcare Holistic Veterinary Center, located at 1954 S. Industrial, Ann Arbor, MI 48104. Appointments can be made at (734) 213-7447.



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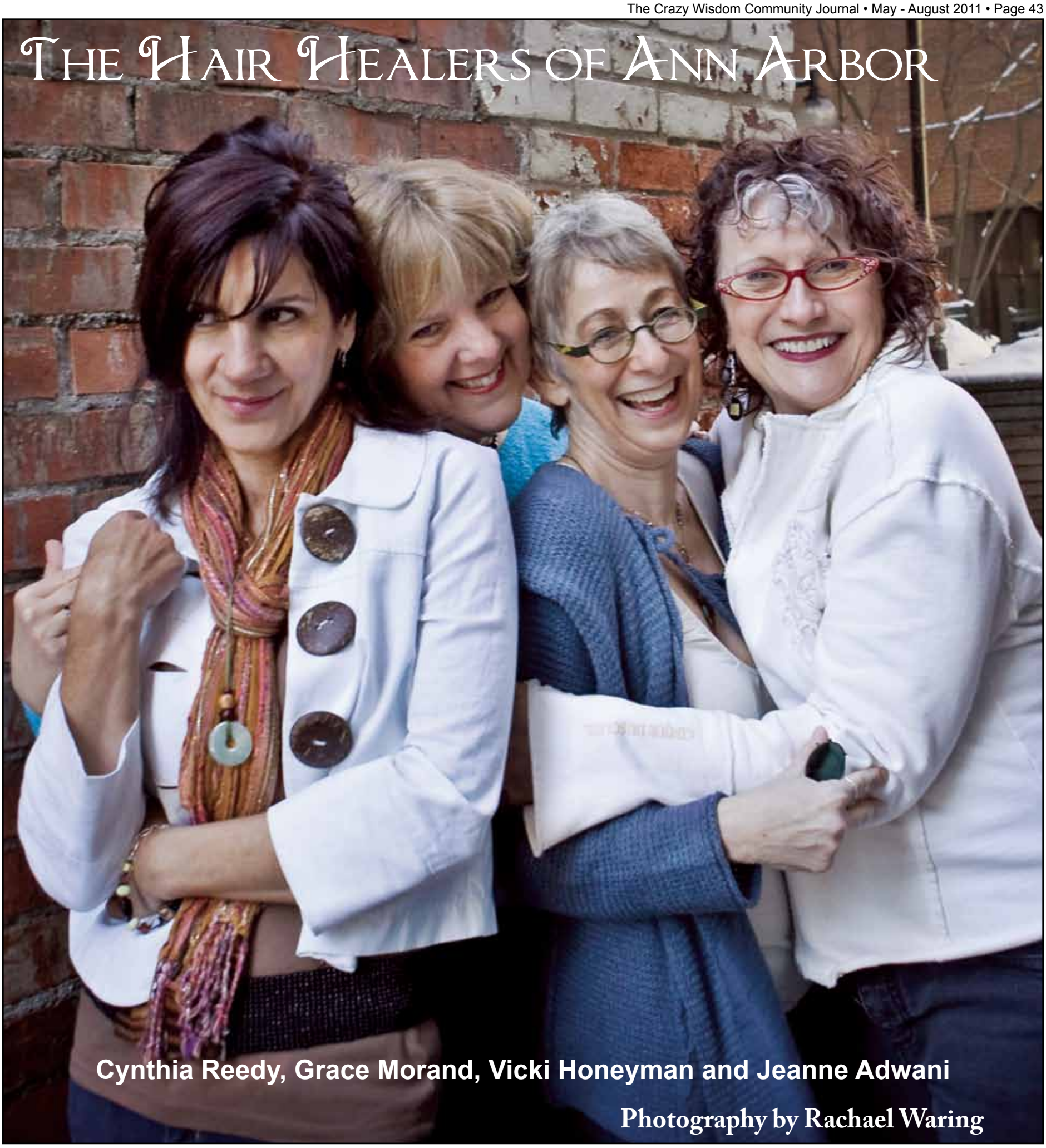

Cynthia Reedy, Grace Morand, Vicki Honeyman and Jeanne Adwani

Photography by Rachael Waring

Welcome to Ann Arbor — a town where your local hair stylist moonlights as the director of the Ann Arbor Film Festival, or as one of the songstresses of the Chenille Sisters, or as an artist who crafts mixed-media goddesses. In Crazy Wisdom's Ann Arbor, many of your favorite hair cutters are hair healers in disguise – nourishing your soul, entertaining you, laughing with you, and [hopefully] sending you on your way looking pretty or professional or bouncy or Republican.

And, not to be outdone, your local hair therapists are eco-friendly, too!

With credit to Renaissance Woman Jeanne Adwani for coining the phrase "Hair Healer," we invite you to soak up the wisdom of four hair healers, and then to read about 6 great places to find Green Salons and Green Hairstylists.

Jeanne Adwani, Be Hair Now Salon

I am she-who–knows-about-your-work-crisis, your children's joys and struggles, your partnership, your grief, your workout regime, your culinary expertise, your trip to Peru…I know you in a way many don't, which I honor with my silence.

Jeanne Adwani, owner of Be Hair Now, has been a hair stylist for 22 years. She describes herself as "a hair healer, writer, story teller, artist, thinker, metaphysician, and Kaizen Muse Creativity Coach." Jeanne is a collector who "recycles" the treasures she finds — many of which she has available for sale in her shop, along with the art of her two co-workers, Andrea McCuiston and Karin Lindstrom. Jeanne grew up in East Lansing and has lived and traveled extensively in the U.S., as well as living in London, England, for five years. She has been in Ann Arbor since 1985. The name of her salon was inspired by the seminal book, Be Here Now*, by American spiritual teacher Ram Dass. She became a hair artist because "it is creative and fun, giving me time to do my other artistic endeavors and connect more deeply with people in a one-on-one experience." Jeanne is also an established mixed-media craftswoman whose works have appeared at local galleries, and a Tarot reader and teacher.*

I am a hair healer, hair artist, hair dresser, beauty operator, cosmetologist. I am she-who-coifs-the-hairs-on-your-head, some of you for over twenty years. I cut you, color you, treat you with essential products that stimulate your scalp, give love to your hair, tweak your olfactory senses in lavender, spice, flowers, or mango banana. I do this so I can give your hair bounce, fullness, curl, smoothness, and a little somethin'-somethin' special. And in the finale, I arrange them, scramble them, tease them, smooth them, blow them, roll them, or let them air-dry on a sunny day.

My goal is always, and in all ways, to have you feeling your best when you look in that mirror's reflection, leaving my salon with a hug and smile. That is one part of what I call my "hair healing": the making-pretty, and the feel-good part.

Another essential experience of my hair-caring profession is that, during all of the above, we are chatting. There is an exchange of wisdom between us that gathers us at creation's portal and invites us in. It starts as soon as we greet. I sit you down in my purple chair, swivel you to the mirror's question, and we talk about what I will be doing for you today.

I try to listen to your needs: your hair conflicts, what worked and what didn't from the last time we were together, and proceed accordingly. I let myself tune in to how you're feeling: happy, sad, melancholy, feisty, critical, indifferent, cranky, or whiney. The truth is…you want to tell me what's going on with your life beyond your hair-care issues. I want to hear it. I just have to ask.

"How are you doing? What's going on in your world?" Sometimes the floodgates open and you give it to me raw and uncut. Sometimes, it's a giggle and whisper on the quest for the perfect lover. Sometimes…it's years of every five-to-six weeks of getting together here, just friends catching up. Sometimes, you need to have me just make you laugh a little, or hear one of my historic, fanciful stories to distract you from your life. You know I have a story to kick-start our time together.

I am she-who–knows-about your work crisis, your children's joys and struggles, your partnership, your grief, your workout regime, your culinary expertise, your trip to Peru. I know some of your deep secrets: of love, betrayal, desire, unworthiness, shame, fear. I know you in a way many don't, which I honor with my silence.

I know all this stuff because this intimate setting of me, you, and hair, all the lathering and conditioning, snipping, clipping, slathering, fondling of follicle, somehow seduces personal stories out of you. Not to say that I'm not a clever woman and have a knack for that sort of seduction — I believe I do. You amaze me. I desire to dig a little deeper into your psyche, if you let me, so that we can uncover the reasons we're here and the why and wherefore of life on this planet.

I learn more about myself because of the wonder of getting to know you. It is through relationship that I grow to become my highest self, my best self. I am honored with the opportunity for this to happen between us, and grateful for the trust you give me. I hold your stories as sacred information. You can count on me to embrace the truth of you and keep it safe.

The truth is, you want to tell me what's going on with your life beyond your hair-care issues. And I want to hear it. I just have to ask.

This is an essential part of what I call "hair healing." It isn't just that I alter your appearance with a cut and style, then send you out into your world with a bit of "feel-good" coursing through your veins. It's also about the healing effect of giving yourself to nurturance. For a short time, it's All About You. You entrust yourself to me to care for you, listen to you, comfort you, laugh with you, cry with you, maybe get all politically riled up with you; so many things can and do happen in our time together.

There is, in my opinion, a healing consequence of this for both of us. I get to serve and support you, I get your trust, I get to be creative, and I get your smile…I am rewarded for my services beyond what you pay me for our experience together.

I am grateful every day for this opportunity we share. Thank you. Be sure to book your appointment a few weeks ahead, I don't want to miss our time together.

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Cynthia Reedy, Studio 44 Hair Design

Cynthia Reedy has been a hair stylist since her early 20's, after attending Cosmetology School in San Diego, California. She grew up in the Detroit area and came to Ann Arbor almost 20 years ago. In February of this year she opened her own salon in Ann Arbor, called Studio 44 Hair Design. Prior to this, she worked at Identity Salon, and Campus Barbers before that. During that time, she took off 18 months from doing hair to work in Media Artist Relations for the Raven Gallery in Northville, promoting local folk musicians.

What an honor it is to be asked to write about what has truly been an adventurous journey and career as a hair artist…and, as some would say, a "hair healer." In my experience, there IS a gentle magic that occurs in the world of "hair caring," where creativity and connection between hair stylist and client meet and mingle. As with any profession where touch is present, a unique and intimate energy exchange takes place. This has been a real bonus that I didn't expect upon entering into the field.

> Hair styling is like sculpture to me and ever so satisfying… like "art on demand," [it] keeps me on my creative toes!

I chose hair styling because it seemed fun. I wanted another skill under my belt while working towards my bachelor's degree. I had been working for the City Attorney's Office in San Diego and, although interesting, it was way too stressful. I took to all aspects of cosmetology very well, i.e., anatomy, chemistry, physics, psychology, and art, and found the field to be fascinating, fun, and flexible. I enjoyed the many hair competitions (winning a few) and hair shows I attended while living out in California - and still enjoy continuing education to this day!

I'm thrilled by my career because I get to be myself, trust my intuition, and serve people creatively and professionally. Having that kind of freedom is very important to me. My intention and commitment along the way has been to create a comfortable and relaxed atmosphere in which to really hear people.

Recently I expanded upon this idea and opened my own hair studio. I purposely selected a peaceful location on the seventh floor of a majestic, art deco-style building. The studio has huge windows facing south over the city and I marvel every day at the rising and setting sun, the shadows, and the constantly changing spiritual light…it inspires me and evokes even more creativity.

Hair styling is like sculpture to me and ever so satisfying! I find it to be similar in approach to my other artistic interests, such as working in ceramic clay, silver clay, photography, and jewelry making. They all help to keep my creative eye alive. Hair styling is like "art on demand" and keeps me on my creative toes - the design, texture, and color possibilities are endless. When working with clients, we may co-create a new look together, or my client may say, "Do whatever you want, I totally trust you." Either way, both bring me joy in seeing the finished results and true smiles of appreciation.

Deeper than that, and past the physical transformation of hair, it is a wonderful experience when people feel relaxed enough to open up and share who they are: their dreams, joys, sorrows, and insights. It allows me to see multiple and diverse slices of life, which have revealed to me a profound depth in humanity. I am privileged to witness how beautiful people really are at their core, regardless of their creed or culture. It restores my faith daily.

When I think about the amazing people I have met in almost two decades here in Ann Arbor, I feel very fortunate indeed. How interesting it has been to talk with people from all walks of life and locations around the world. Working close to the University of Michigan has certainly exposed me to every sort of profession, personality, and nationality, and has brought a wonderful bouquet: philosophers, writers, scientists, artists, and so on. What a personal inspiration and education it has been.

> …Past the physical transformation of hair, it is a wonderful experience when people feel relaxed enough to open up and share who they are: their dreams, joys, sorrows, and insights.

> As with any profession where touch is present, a unique and intimate energy exchange takes place. This has been a real bonus that I didn't expect when entering into the field.

I acknowledge that having this exposure inspired me to actually finish my bachelor's of science degree in communications/fine arts (graduating from Eastern Michigan University in 2005). My areas of study were interpersonal communication, listening skills, assertiveness training, and organizational communication. For now, I use my degree with my work, by incorporating these skills and ideas with the people I meet and serve.

Life is good and I feel honored by the people I've met along the way — their grace, wisdom, kindness, and support have added to the richness of my life. Going full circle, if I have contributed to my clients' lives in any way, then I am definitely better for it.

Studio 44 Hair Design is located at 202 E. Washington, Suite 710, Ann Arbor.
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Vicki Honeyman, Vicki's Wash & Wear Haircuts

I became licensed to cut hair professionally in 1980, and then I worked with Raven and Kish inside the Saguaro Plants store for five years. I loved being inside that magical environment! There were cats, rabbits, a huge aviary full of finches, reptiles, and lots of green plants that produced lots of oxygen — it was a very healthy and very fun place to work.

When Saguaro closed in 1985, I opened Vicki's Wash & Wear Haircuts on E. Ann St. (in the original Crazy Wisdom space!). It had different energy from Saguaro, but was a fun, 50's-decor environment with lots of light, and the antithesis of a hair salon ambience. Like Saguaro, it was an alternative place to get a haircut, a place that did not look or smell like a hair salon.

My clients know me to be outgoing and outspoken. I appreciate — and look forward to — the intelligent conversations we have, often about politics and literature. We share not only book titles and film and music recommendations but, more importantly, our life stories. I still have clients from over 25 years ago, as far back as my Saguaro Plants days.

The depth of the client/haircutter relationship is not one to be taken lightly. We have a huge responsibility, we hair people! Not only must we do good work on each and every client, we have to be good — and hopefully objective — listeners. We want our clients to like us and to love the way we've made them look and feel about themselves!

I'm fortunate to have developed strong lifetime friendships with some of my clients, some of whom have become friends I see outside of my shop. Others have become my friends at work, like one client who comes in every two weeks, without fail, hoping upon hope that I will finally tell her I've met my perfect match!

I have developed an intimacy with those long-term clients that is unlike other relationships. My clients and I have weathered many of life's experiences — we have watched each other mature, get sick, experience losses and deaths, celebrated pivotal birthdays. We've laughed together and we've cried together. I've learned about their families, empathized with them about their job losses, divorces, and breakups, but also shared their joys and good news….plus, I've both given AND received advice from my clients.

In 2003, ten months after I left my position as director of the Ann Arbor Film Festival, I was diagnosed with breast cancer. I spent the next year-and-a-half undergoing treatment. My clients were extremely upset and concerned about my recovery. At the time of my diagnosis and treatment, Grace Morand was cutting hair in the back room of my shop. I was most fortunate that she was able to take over my clientele for the time that I was unable to work.

Some of my clients became my BC (breast cancer) sisters, guiding me through treatment that they also experienced with their own bout of breast cancer. Many brought me food. Many donated money. Unable to work because the treatment made me so ill, at one point my friends held a weekend-long rummage sale to raise money for me. The *Ann Arbor News* was extremely helpful in bringing the community together to assist me. I am still humbled by the level of support and love that came my way.

I have developed an intimacy with my long-term clients that is unlike other relationships. My clients and I have weathered many of life's experiences…plus, I've both given AND received advice from my clients.

Vicki Honeyman has been cutting hair for over 30 years, always in her own business. She came to Ann Arbor in 1970 when she transferred to the University of Michigan for her sophomore year, after growing up in Detroit and spending her freshman year at Oakland University. She received a bachelor of general studies degree with a film concentration from the University of Michigan, and then had several jobs around the state relating to film. She is well-known in southeastern Michigan for having been the director of the esteemed Ann Arbor Film Festival for 15 years. She is also known for jitterbug (50's rock and roll) dancing, which she and Jim Kruz taught for many years around Ann Arbor, as well as performing together in public.

"Hair healer": What a huge responsibility! Given the task to look at myself and my work in that light, I have to say that, first of all, I am not a "hair stylist." I've always offered straight-forward, "wash and wear" haircuts, which means I do not "style" hair. I don't wash or blow dry, use a curling iron, or give perms or color treatments.

I encourage my clients to stop using blow dryers and brushes, so they can get their hair in good natural condition AND gain a sense of freedom from spending more time than necessary on their hair.

We have a huge responsibility, we hair people! Not only must we do good work on each and every client, we have to be good — and hopefully objective — listeners.

I've been cancer-free for the past 7-1/2 years. I am grateful to be one of the lucky ones who got through the barbaric treatment, but I can also say it was life-changing because of how supportive our Ann Arbor community was of me.

It was just several months before the diagnosis that I decided to fill the empty space where the Festival office had been, in the back room of my haircutting shop, with items to sell — and thus my gallery/gift shop, Heavenly Metal, was born. Now my hair clients AND my store customers have blended together. New relationships and new stories have been developed.

I can honestly say that, at 60 years old, I love my work and I relish going into my shop every day! The space I've created is so lovely — and so are my clients!

Vicki's Wash & Wear Haircuts is located at 207 E. Ann St., Ann Arbor, 734-663-4247.

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Grace Morand, Salon Vertigo

Grace Morand grew up in Detroit and attended Marygrove College there. She came to Ann Arbor in 1976 when she transferred to the University of Michigan, where she studied English and drama. Grace got into hair styling when her friend, actress and former hair stylist Sandy Storrer, encouraged her to go to beauty school — because, Sandy said, doing hair is "creative, satisfying, good money, and the scheduling makes it really flexible for artists." So in 1985, Grace became a hair stylist and also joined the acclaimed singing trio, The Chenille Sisters. She eventually took a 16-year hiatus from doing hair to tour full-time with the Chenilles. Grace has been a stylist at Salon Vertigo for five years and has also worked at Vicki's Wash and Wear Haircuts. The Chenilles continue to record CDs and perform concerts locally and around the country.

It's all about love. Everything — even doing people's hair — is all about love. We can offer loving energy to each other in every interaction we have.

The thing I have loved about being a "hair healer" is getting to know my clients. I feel like I'm family to most of them. Some of my clients spend more time with me in a given year than they do with extended family members.

I hear people's secrets and I maintain strict stylist-client confidentiality. I know their dreams, their family stories, their pet stories and lots and lots about their lives. The talking and laughing and bonding that we do at each appointment are part of the package for both of us. We grow close and I end up loving my clients.

I also hear deathbed, divorce, addiction, and family crisis stories. There is a trust that I feel honored to have won from people who share these intimate and sometimes painful moments. The sharing, both joyful and sad, is healing for my clients and me. I feel privileged to be a part of their lives.

My favorite stories from clients are the ones about them falling in love. It's amazing to work with someone who gives you monthly installments about a blooming relationship. I get a wonderful, vicarious thrill from it! I have one woman who just got engaged and I've been listening to her story since the moment she met her husband-to-be. I just did a bride's hair on her wedding day and it was delightful to be a part of that joy.

It's all about love. Everything — even doing people's hair — is all about love. We can offer loving energy to each other in every interaction we have.

I also understand how much our hair is a part of our self-image and that when we don't like our hair, or even just are having a day where we think our hair looks good or bad, it really affects us. I can help people with that. That's pretty powerful!

When my clients come to me, I try to give them a space and a period of time where they can just be — they can just feel however they feel, and be OK.

But we also play in our salon. I love that. Sometimes I wear a tiara. Sometimes we have little parties right while we're working. Each of my co-workers is a little off-center, a little eccentric, and our salon has a very comfortable vibe. I've had clients say they could just hang around all day!

A [woman] complained that she had "Elvis on the top and Colonel Sanders on the sides." I assured her, when I was done, that both Elvis and the Colonel had left the building!

One of the things that I have been amused by for years now is the way that my clients describe how their hair looks, or how they want it *not* to look. One woman thought she looked like Davey Jones from The Monkees and wanted me to fix that. Another complained that she had "Elvis on the top and Colonel Sanders on the sides." I assured her, when I was done, that both Elvis and the Colonel had left the building!

I've had to fix someone's hair who got it cut elsewhere and thought she ended up looking like the mom from "The Brady Bunch" television show. She actually did.

I asked one of my young clients how she'd like her hair, and she replied that, when she skips, she wants it to be "bouncy."

A five-year old girl once came to see me with her Mom and was very proud that she was going to tell me exactly what she wanted. They had made a deal that if she could brush her own hair, she could decide how she wanted it. So she told me that she didn't want a big haircut, just to cut the "scrips."

I told her that I didn't know what "scrips" were. She said, "You know how when you have a spiral notebook and you can rip out a page with a straight edge, but you leave all those curly bits of paper? Those curly parts are scrips. That's how much I want you to cut off."

I was so impressed that a child who is too young to even understand measurements could give me such a precise image of an amount! I told her I understood exactly what she wanted, but I had never heard the word before. She said that was because she had made it up.

My all-time favorite was the woman who said, "Please don't make me look like a Republican."

The funniest thing of all is that, somehow, I am able to translate these instructions into a hairstyle that pleases them!

Seeing people on such a regular basis is a real slice of life. I know their ups and downs and I watch them grow and change. It's pretty fascinating. What we're doing with their hair is just the icing on the cake.

Salon Vertigo is located at 212 S. 4th Ave., Ann Arbor, 734-930-6656.

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Eco-Friendly Hair Salons

Great Places to Find a Green Salon or Hair Stylist

Story and Photos by Sarah Rigg

Making products and businesses more eco-friendly has become a popular movement across the U.S. in the last decade or so, but the beauty industry has been slower than others to adopt “green” practices, — perhaps because chemical services have, historically, been so central to the hair styling and cosmetic business.

Still, if you want to go to a green salon or hair stylist, then southeast Michigan in general — and Washtenaw County specifically — are great places to find them.

In interviewing salon owners and stylists who are making an effort to “go green,” what I heard over and over again was that it’s not enough to read the label on a beauty product. Seeing “organic” or “natural” on the package isn’t enough to guarantee you’re using a green product — you must check the list of ingredients carefully as well.

The same could be said about stylists and salons. Many businesses these days advertise themselves as “organic” or “eco-friendly,” but, when it comes to hair and beauty services, exactly what those terms mean can vary greatly from salon to salon.

Locally, some salons are using mostly traditional products and techniques, but they are “going green” by making their buildings more energy-efficient, reducing paper waste, and increasing recycling efforts. Other salons focus on using products with more organic ingredients and less harsh chemicals. Some salons promote using less of the hair care products or offer no chemical services at all. Here is a representative sample of various salons and their philosophies.

Anna Daigle, a stylist at Identity Salon, said her goal is not to preach to clients about [green product] alternatives, but to educate them so they can make informed decisions about hair care and beauty products.

Identity Salon & Spa
326 W. Liberty, Ann Arbor
734-929-5378
www.wix.com/identitysalon/identityaa

Anna Daigle, a stylist at Identity Salon & Spa, calls herself a “hair stylist with an interest in, and knowledge of, ‘green’ beauty solutions.”

“My interest in natural beauty care began when I worked as a sales rep for Equal Exchange, a fair trade coffee company,” Daigle said. “I sold our products to natural food stores and eventually became aware that natural cosmetics exist for the same reasons that natural and organic food exists: human and environmental health and ethics.”

When she’s not at the salon, Daigle is pursuing an MBA at Eastern Michigan University and said she hopes, one day, to go into sales and marketing for a natural beauty care company.

“I need to feel good about what I’m selling and feel I’m selling something that’s benefiting society to some degree,” Daigle said.

Identity Salon does not bill itself as a green salon, but Daigle’s sympathies lie in that direction. The salon carries Redken products as its primary hair care line, but they also carry Isvara Organics, Daigle said.

Daigle is interested in organic products both for environmental and health reasons.

“Personal health ties directly into environmental health,” Daigle said, adding that she’s concerned about the cumulative effect of harsh chemicals in and on the body.

“Anything you put on your skin or rub into your scalp potentially has cumulative effects,” she said. “There’s evidence that suggests some ingredients (in traditional hair care products) are strong allergens or even carcinogenic. I realized there were healthy alternatives to skin and hair care.”

“Sodium lauryl sulfate…and parabens are harsh and can cause irritation at high concentrations, especially in people with sensitive skin. Also, parabens can be hormone disrupters and are toxic and irritating.”

— Anna Daigle

Daigle said her goal is not to preach to clients about these alternatives, but to educate them so they can make informed decisions about hair care and beauty products.

“For example, if a woman comes in to get her hair colored, I will explain how demi-permanent hair color is gentler than permanent color. Additionally, I always tell my clients about Organic Bliss, a local store that offers all kinds of products for the eco-friendly lifestyle.”

Daigle said her personal philosophy is "beauty in balance with nature."

When they’re at home, Daigle said clients can make their hair care routines more eco-friendly by using shampoos manufactured without parabens, sulfates, and sodium. "Sulfates" and "sodium" are actually two different names for the same problematic ingredient: sodium lauryl sulfate. Both that ingredient and parabens are harsh and can cause irritation at high concentrations, especially in people with sensitive skin. Also, parabens can be hormone disrupters and are toxic and irritating.

“If you're not ready to make the jump, alternate your conventional shampoo with your sulfate- and paraben-free alternative. More salon-quality brands are offering safer alternatives, so ask your stylist.”

Be Hair Now
202 Miller Road, Ann Arbor
734-260-0629
www.behairnow.com

Jeanne Adwani, owner of Be Hair Now, says that her efforts to be green are a work in progress.

“I'm not as green as I want to be or could be,” Adwani said. “However, I don't do permanent waves, and I try to be mindful of usage of all products in the salon. Less toxic is always better.”

"Saying something is 'organic' does not make the entire composition of a product 'organic.' There's lots of reading between the lines," says **Jeanne Adwani, owner of Be Hair Now.**

Adwani said that living in Ann Arbor, she has to be conscious of these issues.

"Having a salon in a place like Ann Arbor, where people ask questions about what goes in, on, and around their environment, instills a certain kind of consciousness about those things for me," she said. "I investigate what products I use and try my hardest to get as 'green' as I can. I do use hair color, and I can't get away from having certain (ingredients) in hair color to make it work."

Adwani said she uses a no-ammonia color, so that neither she nor her clients have to inhale the fumes. She also carries products that use essential oils for their scents or include natural ingredients like organic aloe vera or bee propolis. Adwani added that she reads labels to make sure the products she uses regularly are free of the most toxic and damaging chemicals.

"Saying something is 'organic' does not make the entire composition of a product 'organic.' There's lots of reading between the lines," Adwani said. She guaranteed, however, that all the salon's products are "free of animal experimentation."

Adwani also credits two other stylists who work out of her salon with developing their own green measures.

"Karin [Lindstrom] doesn't put hair color directly on the scalp. Andrea [McCuiston] uses paper for laying in her highlights. We all try to be mindful."

Adwani said that it has been harder to make her salon – once a 1920s gas station — a green building.

"It's not at all energy efficient," she said. "A lot of my energy went into finding the best ways I could make this old building efficient without spending a lot of money."

She said she did a lot of research about lighting, for instance, and 90 percent of the lighting in the salon is from energy-efficient LED bulbs. Also, she has made improvements to the heating and cooling system.

"Curly girls are very product-knowledgeable, usually. They come to me because I'm committed to their curl. I won't straighten it or iron it. I tell them: straighten your mind, not your hair!"

— Renay McMullan

"We also try to clean with products that are not toxic," Adwani said.

She's also conscious of the three R's of sustainability: reducing, reusing, and recycling.

"I have a space in my salon to resell 'collectables'," she said. "So this little shop within my little shop helps me a bit financially and supports my treasure-hunting skills – it's another way to recycle."

Adwani said her overall philosophy is "to be mindful."

"I try to be mindful of my impact on family, friends, work, the environment, my health, and the well-being of others," she said. "I have learned that asking questions is the best way for me to find answers that work for me and the best way to support others in finding their own answers that work for them," she said.

In the future, Adwani said she wants to implement a process that would allow clients to come in and refill their products rather than having to purchase small bottles over and over again.

"I hope to carry my products in bulk," she said. "This should bring all our costs down and be more environmentally friendly."

Adwani suggests that clients can make their home hair care routines more green by recycling their bottles and reading labels.

Serendipity Salon
322 S. Ashley, Ann Arbor
734-213-5945
www.a2serendipity.com

Renay McMullan, owner of Serendipity Salon, said she definitely considers herself eco-friendly, from the way her building was rehabbed to her no-shampoo philosophy.

She said the building on South Ashley that houses the salon was shut for many years and, when she decided to rehab it, she used the Habitat for Humanity ReStore and the ReUse Center to purchase her countertops, sinks, desk, and coffee-serving station. She decorated using low-VOC (low-fume) paint, uses organic cleaning products to maintain the salon, and puts clipped hair outside for the birds to use as nesting material.

She said her salon is able to use almost entirely organic and natural materials for skin and hair care, because she doesn't focus on commercial product lines.

For instance, Serendipity's esthetician

Renay McMullan, owner of Serendipity Salon, said more people would have better hair if they thought of it as a beautiful, delicate fabric and treated it more gently. "You wouldn't take something like silk and use Tide and then throw it in the dryer."

(skin care therapist) uses fresh fruits and vegetables on clients' skin. For instance, she might peel and grind a papaya to use as a face mask, or use a sugar scrub as an exfoliant, rather than using a bottled product.

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Eco-Friendly Hair Salons

Continued from page 49

Additionally, McMullan espouses a no-shampoo philosophy. “I am committed to not using shampoo, and I’m committed for reasons beyond the ingredients.” She said that many people don’t realize that conditioners do a perfectly good job of cleansing hair.

McMullan seeks out hair products that are sulfate- and sodium-free, and said more people would have better hair if they thought of it as a beautiful, delicate fabric and treated it more gently.

“You wouldn’t take something like silk and use Tide and then throw it in the dryer,” she said. “Hair is a delicate substance, and I encourage my clients to keep their hair care routine as natural as they can. If your hair is healthy, everyone thinks it’s beautiful, no matter what length it is.”

McMullan said one of her specialties is catering to women with naturally curly hair. “Curly girls are very product-knowledgeable, usually,” she said. “They come to me because I’m committed to their curl. I won’t straighten it or iron it. I tell them: straighten your mind, not your hair!”

Another thing that sets Serendipity apart is McMullan’s dog, Iggy — a rescue dog who was badly abused before coming to live with her— who serves as a “greeter” at the salon. She also allows and even encourages clients to bring their own pooches into the salon.

She said her natural approach “works well in Ann Arbor.”

“A woman once said I was the Birkenstock of hairdressers, and I couldn’t have gotten a higher compliment,” McMullan said.

———————

Grace Morand, a stylist at Salon Vertigo, didn’t start thinking about the harsh chemicals in traditional salon products until she started getting sick a lot. “I started reading about the impact of environmental toxins and, when I cut back my exposure to colors and perms, I felt better.”

Salon Vertigo
212 S. 4th Ave., Ann Arbor
734-930-6656
www.salonvertigo.com

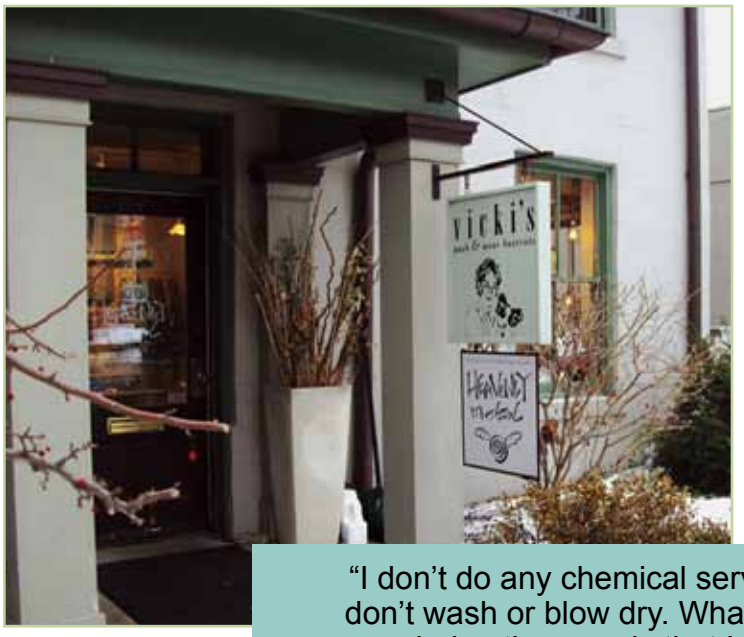
For Grace Morand, a stylist at Salon Vertigo, offering more eco-friendly products and services is just a way to give clients more choices.

“We’re offering an option — that’s our philosophy,” Morand said.

Morand said Salon Vertigo was already doing eco-friendly things when she started to work there, and she felt the “fit was good.”

“One thing I really like about the salon is the incredible ventilation system. Anything that’s stinky goes away fast, which I appreciate. Also, they are involved in the Waste Knot program, and they are all about recycling. In that sense, they’re very green,” Morand said.

Waste Knot is a program of the Washtenaw County Division of Public Works that recognizes Washtenaw County businesses, schools, and nonprofits that show leadership in waste reduction and energy conservation.



Morand said she is also careful in her choice of products.

“I feel like, for my health and the health of clients, it’s nice to use lower-impact products with less toxicity,” Morand said. The salon offers several lines of organic or less-toxic beauty products, including a vegan nail care line and eco-friendly hair coloring products.

“I don’t do any chemical services, and I don’t wash or blow dry. What ‘wash and wear haircut’ means is that I cut people’s hair to do what it does inherently,” said **Vicki Honeyman, owner of Vicki’s Wash and Wear Haircuts**…While she doesn’t specifically market herself as green, people who are concerned about toxins tend to find her through recommendations from friends and family.

Morand, who is also a vocalist with local music group The Chenille Sisters, said she got into hair dressing because she enjoys doing creative work; however, she didn’t start thinking about the harsh chemicals in traditional salon products until she started getting sick a lot.

“I started reading about the impact of environmental toxins, and when I cut back my exposure to colors and perms, I felt better,” Morand said. “So I felt, okay, there’s something to this for me.”

Morand said she liked less exposure to toxins but didn’t want to give up hair color and other standard salon services altogether, so she experimented on herself.

“I was continuing to color my own hair and looking for natural alternatives,” she said. As she found what worked for her, she’d mention it to clients as well.

She said many of her clients want to live and eat clean, but they also feel stressed about going gray.

“If they don’t want to go gray, it’s nice to have a (less toxic) alternative,” she said. “And I test everything on myself and friends first.”

To make clients’ home hair care routines more eco-friendly, Morand recommends starting with something simple: just use less of each product.

“With shampoo and styling products, people use too much,” she said. “With a lot of styling products, they glop it on their heads when they could get by with a little dot the size of a chocolate chip. I tell them that, with the organic and less-toxic products, they’ll pay a little bit more but you can use a whole lot less.”

She also advises women wash their hair less often. “Most people don’t need to wash every day.”

Morand said she tries not to be “rigid” in her avoidance of harsh chemicals. She does use more earth-friendly cleaning products and make organic choices when she can, but, for instance, if there’s a sewer leak in her home, she’s going to clean it with bleach.

Similarly, she said she’s not willing to sacrifice salon quality just so she can say she’s using greener products. She said she’s tried several lines of hair coloring, for instance, that were low in ammonia but didn’t deliver salon-quality results.

“No matter how ‘hippy granola’ someone is, they don’t want to pay salon prices and not have their gray covered,” she said.

———————

“No matter how ‘hippy granola’ someone is, they don’t want to pay salon prices and not have their gray covered.”

— Grace Morand

Vicki's Wash and Wear Haircuts
207 E. Ann St., Ann Arbor
734-663-4247
http://heavenlymetal.com/about/

Vicki Honeyman's no-chemical approach to hair styling is one of the most radical approaches of all the stylists I talked to, and yet she is hesitant to label herself a "green" stylist.

"It's just what I've always done," she said. "I didn't choose to not wash people's hair as a statement about the environment — that's just the way I work."

> "I never really worried about whether the business would be a go. Not everybody wants to go to a salon where there are chemical smells and the sounds of hairdryers and loud Top 40s music."
>
> — Vicki Honeyman

Honeyman said she grew up cutting her brothers' hair and later cut friends' hair in college. Her academic training was in film, and she had several jobs around the state relating to film – including running the Ann Arbor Film Festival out of the space in the front of her salon where she now sells gift items, called Heavenly Metal — but word always got out that she also gave great haircuts.

She finally went to beauty school so she could become licensed, but said she never had any intention of doing chemical services.

"I might have had to wrap a perm once in beauty school, but I managed mostly to avoid it. I just had to prove I could do it when I took the state exam," she said.

"I don't do any chemical services, and I don't wash or blow dry," she said. "What 'wash and wear haircut' means is that I cut people's hair to do what it does inherently. I don't try to make it do something it won't do. And I don't wash people's hair because I like to see what their hair is doing; if it's wet, I can't see the curl or lack of curl. I chose not to do chemical services when I first went into business because I didn't want to be around those chemicals. And my clients are people who don't wish to be around anyone else having that done or around those odors."

Honeyman said she never worried about whether her philosophy would bring her business or not.

"I've always been very simple about hair cutting. That's what my clientele want. I never really worried about whether the business would be a go," she said. "Not everybody wants to go to a salon where there are chemical smells and the sounds of hairdryers and loud Top 40s music."

Instead, Honeyman said she aims to create a pleasant and down-to-earth environment for her clients, an atmosphere that's "chemical-free, with good music and good company."

Honeyman said that while she doesn't specifically market herself as green, people who are concerned about toxins tend to find her through recommendations from friends and family.

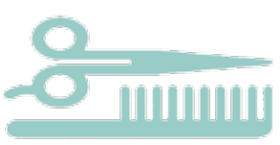
"I certainly get people who come in who are chemically sensitive and hear about me through word of mouth," she said.

Honeyman said she knows "almost immediately" how she is going to cut someone's hair when they walk in. She asks them about their lifestyle, if they have a job where they need to look very professional and polished or if they can get away with a wilder look, but she can immediately picture what would look best on a client from the texture of the hair and the shape of the head.

For Honeyman, being green is not what she takes most pride in.

"Most people come to me because they've seen a haircut I've done or they've heard someone talking about me," she said. "People hear about me because they hear I do good haircuts."

> When products can't be found [for Douglas J Aveda salons] that are "green" or made out of recycled materials, they try to…get green in other ways. For instance, their line of hairsprays is made in a facility that is 100-percent powered by wind generators.



Douglas J eXchange Aveda Salon
500 E. Liberty St., Ann Arbor
734-222-5416
www.douglasj.com

The Douglas J Aveda salons around Michigan, including the Douglas J eXchange in Ann Arbor, are all independent and family-run but are "under the Aveda umbrella," according to Peter Eichler, event and promotion coordinator for Douglas J.

"We're very concerned about the environment," Eichler said. "There's a strong initiative within Aveda corporate — they pride themselves on using materials that are eighty- to ninety-percent post-consumer materials." Eichler said that when products can't be found that are "green" or made out of recycled materials, they try to "think outside the box" and get green in other ways. For instance, their line of hairsprays are made in a facility that is 100-percent powered by wind generators, a more environmentally friendly way of generating power.

He said the Douglas J salons use "plant- and mineral-based products, and we pride ourselves on using all-natural materials in our products." For instance, in the facial care line, the salicylic acid used to exfoliate is derived from wintergreen, Eichler said.

Additionally, Eichler said that the Douglas J salons and beauty schools have a tradition of giving back to the community. They hold fundraisers and make donations toward juvenile diabetes and breast cancer research, and they hold an Earth Month campaign each year. Recently, the focus has been on the Great Lakes and water concerns. Eichler said that, in 2010, eight locations raised almost $40,000 to benefit the Alliance for the Great Lakes.

This year, the salons are hoping to put on an eco-friendly fashion show, "Catwalk for Water," an idea generated by Douglas J employees in Michigan.

Other eco-friendly measures include using energy-efficient appliances and lighting, and using less paper. For instance, prospective beauty school students are directed to online resources rather than being sent packets of printed information.

Sarah Heath, salon director for the Douglas J eXchange Salon in Ann Arbor, said she was trained at a Douglas J school and "fell in love with the way they took care of their communities, as well as the guests that were walking through the door."

"Our salon carries all Aveda hair, skin care, and make-up products. Our salon uses all energy-efficient light bulbs as well as recycles pretty much everything that can be recycled. We even give our guests the opportunity to bring in bottle caps from home, and we recycle them as well," Heath said.

To make their home hair care routines more eco-friendly, Heath said that guests should use less product, because the paraben-free Aveda products are highly concentrated. She also suggests that guests "commit to washing their hair every other day or when needed, which helps to cut down on energy and water usage."

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More Resources for Eco-Friendly Hair and Beauty Products

Other area resources

--**Organic Bliss,** 117 E. Liberty St., Ann Arbor: www.organicblissproducts.com. Owner Melissa Bryant offers excellent organic cosmetics, including hair care products.

--**Gjeto's Salon & Day Spa,** 44325 12 Mile Road, Novi: http://gjetosdayspa.com. Owners John and Eva Vusaj have created an eco-friendly salon made with recycled materials and offering two sulfate- and paraben-free hair care lines, ammonia-free hair color, and a vegan nail care line.

--**Fran Coy Salon,** 418 South Wagner Road, Ann Arbor: www.francoysalon.com. The salon has a "green" team that encourages reduced paper waste and recycling, and a recent remodel was done with energy-efficient materials. Stylists use brushes made from renewable materials like bamboo, and the salon offers an organic skin-care line.

Web resources

--**Campaign for Safe Cosmetics**: www.safecosmetics.org.
Information and advocacy for those seeking less-toxic beauty products.

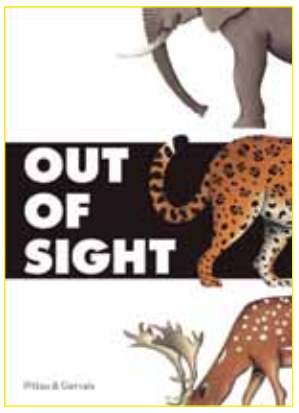
--**Environmental Working Group's Skin Deep Cosmetic Safety Database**: www.cosmeticsdatabase.com
Find out about the ingredients in your favorite cosmetic products.

The Crazy Wisdom Kids Section

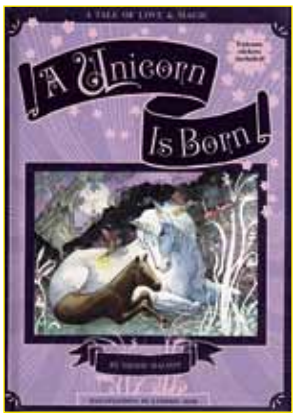
Great kid-relevant articles, reviews of books, music and dvds, and listings for upcoming events for kids.

Children's Book and Media Reviews

By Sarah Newland, mother of two (ages four and twelve) and devoted parent of Waldorf education



Out of Sight
By Pittau and Gervais
This oversized visual safari about animals for children is breathtaking and so fun! There are more than 50 lift-the-flap pictures featuring all sorts of animals with little known facts and interesting curiosities. Did you know mice have 18 toes? Do you know the difference between the horns of male and female giraffes? What about the use of a tapir's nose? This book is as fun for adults as it will be for children. It's gorgeous and entertaining for all ages. $19.99, Chronicle Books

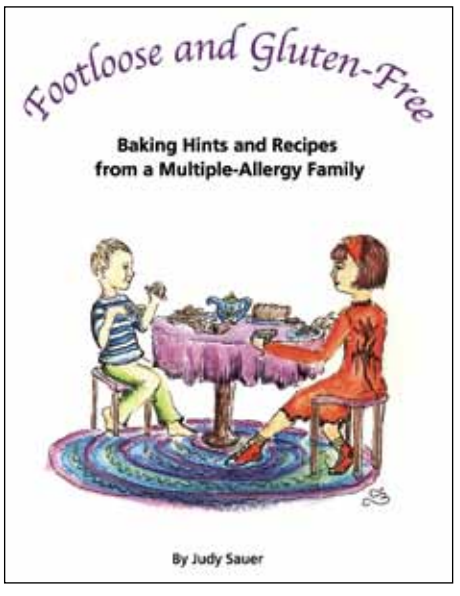


A Unicorn is Born: A Tale of Love and Magic
By Trinie Dalton, Illustrated by Kathrin Ayer
For children who love magic and unicorns, this book is a lovely tale of motherhood and love. Ursula, a pregnant unicorn, prepares to grace the forest with the birth of another member of her rare, wondrous species. As nature's caretaker, Ursula is already an expert herbalist, magician, alchemist, astrologer, and psychic. Now, awaiting her first colt, she has an opportunity to embrace both the practical and mystical aspects of motherhood. This is a gentle, rich story that my daughter couldn't put down, but the illustrations are wondrous – some taking up two full pages in color. The unicorn stickers at the back are an added bonus.
$15.95, Abrams

Earth Dream Lullabies cd
By Melita
These soothing songs for an awakening generation are inviting and sweet with a mildly spiritual focus. Melita's gently soft vocals combine with guitar, flute, and violin to create a soothing musical experience. I wouldn't say these songs are lullabies in the traditional sense. My kids wouldn't sleep to them. But my little boy (an avid music listener) has been enjoying hearing this cd during the day, cuddled up in his favorite chair as he daydreams.
$15.00

Dream Child cd: A Magical Bedtime Story with Inspiring Songs
By Beverly Elliott
This children's relaxation cd offers positive loving affirmations through songs and stories. If listened to regularly at any time of day, it will help children build self esteem, relax, reduce anxiety, sleep more peacefully, and connect to self and universal love. The 30 minutes includes Animals and Angels, Lullaby Goodnight, Prayers, and a Dream story with song.
$14.95

Footloose and Gluten-Free: Baking Hints and Recipes from a Multiple-Allergy Family
By Judy Sauer
This is a self-published cookbook by a local nutritionist, whole foods advocate, and mother of children with food allergies. I've included it here in my book reviews for families because of how well-used it has been in my own kitchen for the past year! My son has a wheat sensitivity, which has made buying traditional snack foods and baking difficult. What used to be an easy snack of a bagel or pretzels became off-limits for us, until a friend of mine who is challenged with the same issues recommended Judy Sauer's book. This simple spiral-bound book has become a mainstay for us! Judy uses brown rice flour in most of her recipes, instead of the standard potato starch, tapioca starch, and other "filler" flours often used in gluten-free cookbooks. Her more than 70 recipes are diverse are delicious, and many are sugar-free. I've tried at least half of them, and even my extended family has loved them – without guessing they are wheat-free. My family's favorites include Corn Bread, Sugar-Topped Oat Muffins, Cinnamon Scones, and Herbed Rice Cakes Bites. (Following is a recipe printed with Judy's permission.)
$18.00



BANANA BREAD

3 very ripe bananas, mashed
½ c. agave nectar or honey
1 egg, beaten
¼ c. oil
½ t. vanilla
1 ½ c. brown rice flour
½ c. tapioca starch
½ t. salt
1 t. baking soda
½ t. xanthum gum

Preheat oven to 350. Grease a 9x5 loaf pan. In a large bowl, whisk bananas, agave nectar or honey, egg, oil, and vanilla. In another bowl, combine brown rice flour, tapioca starch, salt, baking soda, and xanthum gum. Add dry ingredients to wet and mix well. Pour batter into greased bread pan and bake for 45 minutes or until toothpick inserted in center comes out clean. Allow to cool 5-10 minutes before removing from pan.

Crazy Wisdom Kids

Conscious Parenting

Remaining a Mindful Parent When Your Kid Disappoints You

By Lisa Inoue, LMSW

It's not so easy to remain wedded to the highest parenting standards when your first-grader has just crushed the feelings of his best friend. While picking up my son from daycare, I witnessed him disparage the artwork on a holiday card that his best friend had diligently created just for him. "Shabby" was the word that he used. I was floored — and my first instinct was to insist that my unfeeling son grovel at the feet of his friend for forgiveness!

Not to mention, seeing the expression of pain and disbelief in the other child's face made me really question myself as a parent. The critical self-doubt and judgments came fast and furious. Had I raised this ungrateful art critic? Where had I gone wrong in instilling empathy into my six-year-old son? I, a therapist who prides myself on helping children feel safe and understood, have raised a son who tramples on the feelings of little children who are trying to please him!

Okay, okay. So, in the car, I took some deep breaths and tried to slow down the internal onslaught of anger and criticism. I tried to remember what I coach parents to do all the time in my "Mindful Parenting" group: Be compassionate and accepting of your own feelings. After all, I can't help my son manage his reactions when I'm still all up in arms. What needs compassion and acceptance? Oh yeah – my feelings of disappointment that my kid has just done something that makes ME feel like I'm a bad parent.

Ah ha, so this is really about me! I'm really feeling a sense of shame that my child has behaved in a way that runs so counter to my own moral values. So that helps some, although I still don't like what he did. Why DID he do that? Now I'm starting to get curious, because I know he's normally not out to traumatize others. It's a lot easier for me to become inquisitive about his motivations (and to be more realistic about his capabilities) once I can recognize my own feelings about messing up as a parent – and get beyond them.

Does this sound familiar? Few parents avoid the disappointment that, at some point, our child isn't kind, smart, pretty, or athletic enough. Or maybe the disappointment is even more severe, i.e., you've got a kid who's stealing, getting high, failing classes, or getting into fights. Parenting in these instances can feel worse than disappointing – it can feel like sheer drudgery and hopelessness. So how does a mindful parenting stance help, when the problems are so big it feels like there's no chance they'll ever get any better?

Mindful parenting isn't a set of prescribed approaches to misbehavior and conflict. Rather, it's an approach to help parents develop their ability to be more aware of what's happening inside of themselves — their emotional reactions that can get in the way of responding effectively. Using a mindful approach to parenting challenges us to see clearly, with nonjudgmental awareness, whatever is kicking our butts in the present moment: the "full catastrophe," as mindfulness meditation expert Jon Kabat-Zinn might say.

Mindful parenting isn't a set of prescribed approaches to misbehavior and conflict. Rather, it's an approach to help parents develop their ability to be more aware of what's happening inside of themselves.

Whether it's as simple as your child hurting someone else's feelings or as complicated as your teenager threatening to run away, being consciously aware of your own emotions needs to happen first. Only then does it become possible to listen calmly and respond constructively. Otherwise, we merely get swept away in the ensuing chaos of our thoughts, feelings, emotions, and memories, which then affect our equally emotionally bombarded child.

It's also helpful to realize the connection to older wounds that your emotions may bring up with the buttons that are getting pushed. The anger drew my attention first; however, shame was really at the core of it — i.e., feeling like a bad parent = being a bad person. This reminded me of my old family-of-origin issues, such as feeling at fault when others are upset.

By using meditation and other mindfulness methods, parents can more easily see through the repetitive conflicts they have with their children. This assists parents in hearing and understanding their children with greater clarity, allowing for more skillful responses to solving problems. Applied mindfulness methods that I have used and recommend include: Deep listening (meditative listening, listening with full attention), walking meditation, taking mindful moments throughout the day, and attuned observation of your child during relaxed moments.

The nonjudgmental part of mindfulness is tricky for most people. We all have a hard time acknowledging that our emotional responses are merely information, not truths about who we are as people and parents. I didn't want to think that my son was a "mean" kid (and the corollary that I was a "bad" parent). Once I was able to recognize what I felt and that it was okay to feel that way, then I was finally able to make sense of the situation. Then I was able to compassionately help my son understand his own responses to his friend — and how to repair the relationship after messing up.

I didn't want to think that my son was a "mean" kid (and the corollary that I was a "bad" parent). Once I was able to recognize what I felt and that it was okay to feel that way, then I was finally able to make sense of the situation.

As it turns out, my son's critique of the other child's card came from his obsession with space exploration and rockets — the subject of the artwork on the card. It really bothered him that someone drew a rocket that wasn't quite accurate. Once I was able to empathize with him, I could explain how someone might feel if their work was criticized in this way.

I know that my son "got" this, because he was very worried that this friend would not play with him the next day, and he wrote her a card with an apology in it. Because he was so nervous about how she would receive his apology, I took him to school the next day and helped him give her the card. All was well after that.

By using meditation and other mindfulness methods, parents can more easily see through the repetitive conflicts they have with their children.

Once our own emotions have been attended to, we can usually be more empathic and openly curious in response to our kids. Not that cultivating empathy and curiosity will prevent all difficulty, but it creates the possibility of reconnecting with our children and helping them to make sense of the emotional hurricane happening inside them. In essence, our ability to clearly see and understand our children is based on having access to a calm place within us first, which can be accessed through compassionate, nonjudgmental responses to ourselves.

Given that my son is only six, I'm sure I'll have plenty of opportunities to practice!

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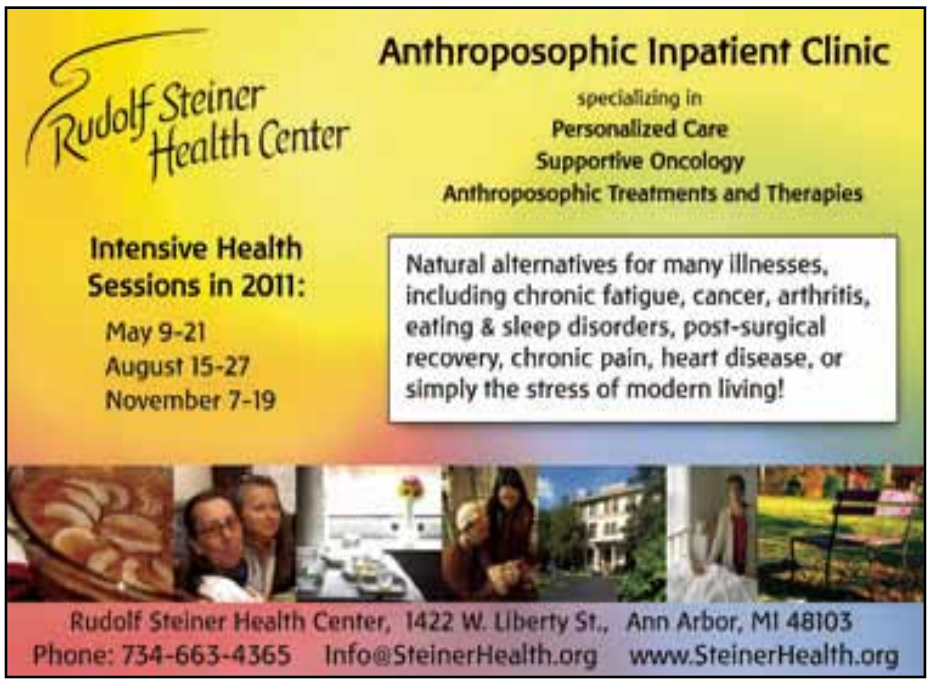
Lisa Inoue, LMSW, co-facilitates a Mindful Parenting group with Robert Martin, MS, LMSW on Saturdays at Ann Arbor Consultation Services. (For more info, see her listing in the Parenting section of the Calendar.) Lisa has been working with children and families since 1997. She specializes in working with survivors of interpersonal trauma and children with adoption/ attachment issues. To contact Lisa, call 734-996-9111, ext. 221 or send email to inoue.lisa@gmail.com.


Rudolf Steiner Health Center
Anthroposophic Inpatient Clinic
specializing in
Personalized Care
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Anthroposophic Treatments and Therapies
Intensive Health Sessions in 2011:
May 9-21
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Phone: 734-663-4365 Info@SteinerHealth.org www.SteinerHealth.org

New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community

By Karen L. Totten

(This column features short articles about fun and worthwhile happenings for kids in the Ann Arbor area, as well as articles about individuals and organizations doing noteworthy work with young people. If you'd like to be considered for inclusion in our fall issue, contact our CW Kids in the Community columnist at: cwkidscolumn@crazywisdom.net no later than July 1, 2011.)

***Crazy Wisdom Journal* readers are probably familiar with Linda Diane Feldt. Not only is she well known in the area as an herbalist, teacher, author, and massage/polarity/cranio-sacral therapist, she is also president of the People's Food Co-op. What people may not be aware of is her exceptional work involving mothers and infants.**

Feldt believes that new mothers, and parents in general, deserve all the help and support possible. Her approach is preventive; she has seen great value in "early and appropriate gentle intervention in a delivery or newborn issue." There is energy in birth, she says, which we must be sensitive to. "A birth should be honored as a sacred, unprecedented experience that is both natural and normal."

One of the ways in which Feldt can be useful in a birth is with cranio-sacral therapy. Feldt studied with John Upledger, who developed a standardized research method for making such assessments.

Often, Feldt notes, babies who are experiencing difficulties breastfeeding are experiencing treatable issues. Sometimes a child will not "latch on" because of tension or trauma to the membranes of the skull during birth. "Mild trauma might not be perceptible," she notes, and so to alleviate the problem, Feldt performs cranio-sacral therapy (CST).

Cranio-sacral therapy works by relaxing and re-synchronizing the cerebrospinal fluid and its motion in the membrane system. A newborn CST session can minimize or eliminate the repercussions of difficult births, such as a c-section or long labor, and help restore good health to well babies, according to CSTdoula.com.

The therapist monitors the cranio-sacral rhythm with her hands. She corrects sources of pain and dysfunction with subtle manipulation techniques. These procedures do not hurt, but Feldt says she can see the results immediately. "When the baby is put back to the breast, mothers notice the difference." It is a one-time intervention, correcting the problem and allowing the bonding process to continue.

Feldt has attended almost 200 births in the Ann Arbor area. She provides support for both mother and child. She sees her role as doing body work and physical support. She also works with labor progression problems. "We don't try to manipulate the baby into changing position," she says, but with subtle suggestions help the child decide that turning to a more positive birth position is the right thing to do.

Feldt has been a part of most aspects of the birthing process: assisting during labor and delivery, teaching infant massage, and helping women with questions of diet and herbs, both before and after birth.

Feldt's accomplishments are manifold and quite varied. Her teaching activities span nearly three decades and currently include: serving as a health teacher at the Rudolf Steiner High School of Ann Arbor and as an adjunct instructor in Pharmacy at University of Michigan College of Pharmacy, teaching monthly herbal classes for The People's Food Co-op, and offering classes and workshops through the Ann Arbor Center for Holistic Health and Traditional Wisdom, to name a few.

Feldt is also the author of three books, *Massage: Learning to Give and Receive*, *Dying Again: Thirteen Years of Writing and Waiting*, and *Spinach and Beyond: Loving Life and Dark Green Leafy Vegetables.*

For much more information on her classes, biography, philosophy and private practice, please see Feldt's website at www.holisticwisdom.org.

Photo by Amy Hoga

Linda Feldt, who has been a pillar of the holistic community in Ann Arbor for 3 decades, is less well-known for her exceptional work with births, infants, and new moms. Her cranio-sacral therapy sessions with newborns can minimize or eliminate the repercussions of difficult births, such as c-section or long labor, and help restore good health to well babies.

The Breastfeeding Clinic of Ann Arbor (BFCAA) was established in 2005 by Barbara Robertson. "I am an educator and a communicator," Robertson says, "helping moms feel cared for." She notes that sometimes she functions like a detective, helping mothers find solutions to common nursing problems such as latching on, sore nipples, or milk slow to come in...

Breastfeeding a new infant is a healthy, practical, and rewarding experience that creates a strong bond between mother and child. Some new mothers, however, do not have that option, because of health problems either of the mother or of the child, as in the case of an ill or high-risk child. Sometimes even bottle-feeding is not a solution because of formula intolerance.

However, there are in the United States eleven programs, called milk banks, affiliated with the Human Milk Bank Association of North America, where stored breast milk is available for purchase. These banks are supplied in part by milk depots, places where women who express extra milk can bring that milk for collection, storage, and later use by others.

The Breastfeeding Clinic of Ann Arbor (BFCAA) provides such a collection place. Established in 2005 by BFCAA Director Barbara Robertson, the milk depot screens potential donors, organizes milk collection, and sends collected milk to Bronson Hospital in Kalamazoo, where the only milk bank in Michigan is located. Expressed milk is pasteurized and cultures are taken to screen for bacteria. Milk remains frozen until needed.

In the absence of mother's own milk, donor milk offers many benefits, including optimal nutrition, easy digestability, and immunological protection against disease. Human milk can also protect immature tissue, promote healing of tissue damaged by infection, and promote maturation, particularly in the gastro-intestinal tract.

Standards for being a milk donor are strict. Those interested must be disease free, drug free (including free of prescribed medications and vitamins), be non-smokers, and live a healthy lifestyle. Donors are asked to submit to a blood test and go through an interviewing process.

Banked milk is not only for infants, but is also used by some cancer patients fighting nausea and by organ donor recipients. Milk is only available through prescription, and it is expensive, says Robertson: $4 an ounce or more. Unfortunately, it is not necessarily covered by health insurance.

Breastfeeding, for various reasons, is a good choice for the optimal health of a growing baby. At least six months of nursing is recommended for new infants, says Robertson. The American Association of Pediatricians suggests 12 months is even better, and the World Health organization advocates breastfeeding one's child for two years.

Besides the health benefits for the child, benefits accrue for mothers as well. According to Robertson, women with six to seven years of breastfeeding (multiple children) can see a decrease in certain cancers, including breast cancer. Nursing can also help with gestational diabetes.

Of course, there are social and emotional benefits for both mom and baby: breastfeeding helps shape parenting responses and create a loving bond between mother and child. Robertson adds that mothers "have to stay tuned in to their children; they have to pay attention, if they are to be successful."

Robertson has in place at the BFCAA classes and products that support women in this experience. She teaches classes for parents, runs support groups, trains professionals, and is in private practice as a board-certified lactation consultant.

Gari Stein's "Music for Little Folks" classes for babies, toddlers, and small children have been a mainstay of the Ann Arbor kids' scene for 20 years.

"I am an educator and a communicator," Robertson says, "helping moms feel cared for." She notes that sometimes she functions like a detective, helping mothers find solutions to common nursing problems such as latching on, sore nipples, or milk slow to come in.

Robertson can also assist moms with practical needs, like finding the right nursing bra or getting back to work while still nursing. The Breastfeeding Center of Ann Arbor is located at 726 Brooks Street. The phone is 734-975-6534. You can also visit the website at www.bfcaa.com.

Traverwood Library in northeast Ann Arbor will be the scene on June 28 of a special Gari Stein class for grandparents and young ones called Rock-A-Bye Grandbaby. Gari Stein is an educator, speaker, and performer who is known and loved by Ann Arbor toddlers and their parents for her acclaimed "Music for Little Folks" classes. This one-time-only class, for one hour beginning at 2 p.m., is for grandparents, parents, and children from infants to preschoolers.

The purpose of the class is to introduce families to the wonderful experience of making music together. Participants will learn simple activities to engage their little ones: dancing with scarves to Mozart, shaking maracas, singing songs for daily routines, and rocking to lullabies.

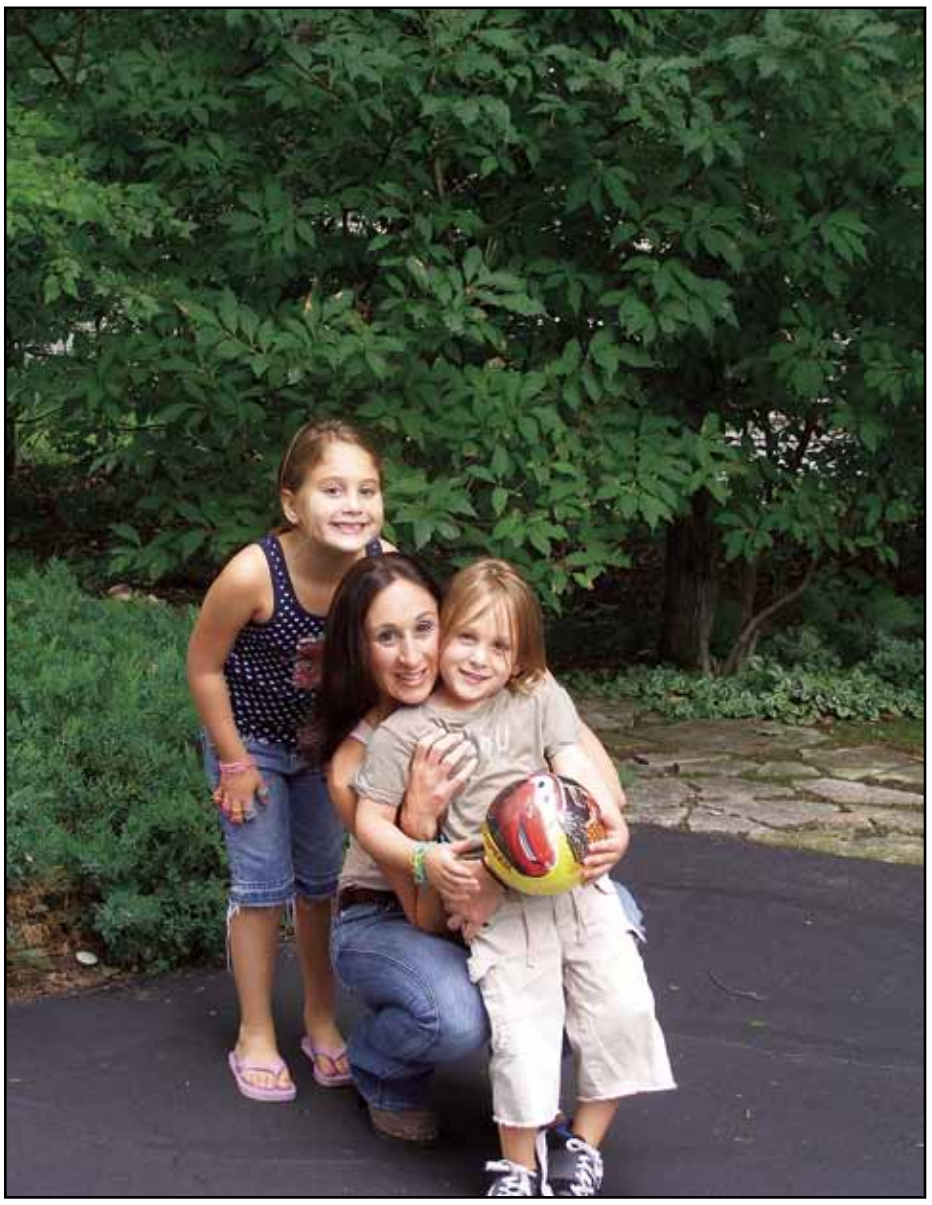
Stein, whose "Music for Little Folks" classes for babies, toddlers, and small children have been a mainstay of the Ann Arbor kids' scene for 20 years, says this class is a wonderful way to "enhance your bond with your grandchild and create life-long memories, while experiencing the joy of making music together." She notes that babies are "born seemingly pre-wired for music, and [they] learn through movement." Music "speaks what can't be expressed," she adds. "It soothes the mind, provides rest, and heals the heart, while it flows through the body, mind, and soul."

Stein herself is an educator with over 30 years of experience in the field of Early Childhood Education. She travels to conduct workshops around the country and takes her classes into day care programs and preschools, as well as running a community music program. She is the author of the book *The More We Get Together: Nurturing Relationships Through Music, Play Books, and Art*.

One of Stein's goals is to help adults find their singing voices and dancing feet as they incorporate music into children's programs. She notes, "Music brings joy to young children. It enhances their sense of self, positively affects their behavior, and strengthens their comfort in social settings."

In her classes, children are exposed to many styles of music, from classical to cajun to Broadway. Music stimulates the brain and helps facilitate learning, she says. "It enriches all areas of development — physical, social, emotional, cognitive, aesthetic, linguistic, and spiritual. It decreases stress, increases energy, and brings people together."

Stein can be reached at 734-741-1510 or interested persons can view her website at www.little-folks-music.com.



Stacy Goldberg's *What's In Your Cart?* is an innovative health education program for children and their families that serves to answer the proverbial question, "What's for dinner?"

What's In Your Cart? is an innovative health education program for children and their families that serves to answer the proverbial question, "What's for dinner?" (and breakfast, lunch or snack). The program, tailored to groups or individuals, takes the guesswork out of figuring out how to eat healthily by introducing children to reading food labels, understanding the healthy food pyramid guidelines, and finding a way through the decision-making process that goes on when one pushes the cart around the grocery store.

What's In Your Cart? was developed three years ago out of the private practice of Stacy Goldberg, graduate of the University of Michigan School of Nursing with a master's in administration from the UM School of Public Health. Goldberg was looking for an opportunity to take the educational process out of the clinical setting, and she worked out an arrangement with Plum Market stores in West Bloomfield and Bloomfield. She is seeking to expand into the Ann Arbor area.

It works like this: Children and their parents are given store tours that provide the context for a discussion of nutrition. On a typical tour, Goldberg begins with a survey of eating habits to gather information on how the children currently eat. Then, with dietary analysis in hand, Goldberg takes the clients around the store, helping them make good food choices out of the available products.

In designing her tours, Goldberg keeps at the forefront the criteria from Plum Market's lifestyle enrichment program, called the Functional Five — Wellness, Nutrient Density, Caloric Integrity, Taste, and Sustainability.

Tours can be structured around food allergies or intolerances as well, so that people coping with eating challenges can gain more insight into managing their diets. In addition, tours can be adjusted to fit any age group. Goldberg serves community and service groups as well, such as scouting troops and school classes.

The typical tour lasts one to one-and-a-half hours, and ranges in price from $150 per hour for private tours ($300 with added nutritional analysis) to $25 per person for group tours. Goldberg notes that her advice works from mainstream principles and then is tailored as needed to fit the requirements of other kinds of diets, including vegan, vegetarian, or raw food preferences.

Continued on page 56

Crazy Wisdom Kids in the Community

Continued from page 55

On a recent tour with a Girl Scout troop in West Bloomfield, for example, children shared a healthy snack, discussed the food pyramid, explored various fruits and vegetables, and learned how to "eat the rainbow" (select nutritious foods with a wide variety of colors). "We give children and their parents a method and a plan to follow in the store, instead of wandering the aisles confused by the many choices," says Goldberg.

In addition to grocery tours at Plum Market for What's In Your Cart?, Goldberg consults both nationally and internationally for food companies, restaurants, bakeries, or anyone wanting nutritional analysis or recipe modifications. To find out more, check the website at www.whatsinyourcart.net or email Goldberg at stacy@whatsinyourcart.net.

In this extraordinary natural area [Grass Lake Sanctuary], children are invited to slow down and experience the rhythm of the surroundings, which include prairies, hayfields, woods, and a wetland.

Earth Connections Day at Grass Lake Sanctuary in Manchester is a fun celebration of nature for families from noon to 5 p.m. on June 25, 2011. There is no admission fee. The fun includes kite flying, a treasure trek, and hay rides, plus plenty of woodland trails to hike in this 145-acre nature preserve, less than 30 miles from Ann Arbor. Some snacks will be for sale for a nominal fee, including herbal snow cones (ginger-lemon, perhaps, or lavender) and pizza made with garden-fresh ingredients and baked in an outdoor oven. Sorry, no pets are allowed in the preserve.

According to Tom Egan, executive director of the Sanctuary, activities will be geared to offer children "an opportunity for deeper connection with nature, to others, and to themselves." In this extraordinary natural area, children are invited to slow down and experience the rhythm of the surroundings, which include prairies, hayfields, woods, and a wetland.

At the same time, there will be opportunity for creative engagement with, and reflection on, children's relationship to wind, plants, and animals. The setting provides a pace for families to enjoy each other, while also nurturing a sense of connection to the Earth.

Grass Lake Sanctuary was founded in 2007 by a group of interested people who worked to ensure this unique piece of natural land was preserved. The land was purchased from the late Dr. Clark Spike, a retired chemistry professor at Eastern Michigan University who had spent 38 years sculpting the landscape according to the way it "spoke to him" on his daily walks through the property.

Part of the Sanctuary's vision is to offer retreat space, medical after-care, and healthy living programs where people can reestablish balance and connection within their personal and natural worlds. The goal is to establish a "culture of wellness" via an environment that demonstrates the practicality of sustainable living. Onsite there is an outdoor kitchen, a tree house, an indoor gathering area, nut trees, an organic garden, a fruit orchard, a pond, and a boardwalk.

More information, including a map of the Sanctuary, can be found by going to www.grasslakesanctuary.org. You can reach Sanctuary offices by calling 734-726-0290. You can also read the interview with Tom Egan about the Grass Lake Sanctuary that appeared in the *Crazy Wisdom Community Journal* in our September–December 2009 issue at: http://www.crazywisdom.net/issue43pdf/generations.pdf

Camp JUMP-IN, located in the town of Hamburg, just 15 minutes north of Ann Arbor, is offering an individualized, intensive therapy day camp for children with learning disabilities and sensory processing disorders.

Camp JUMP-IN, located in the town of Hamburg, just 15 minutes north of Ann Arbor, is offering an individualized, intensive therapy day camp for children with learning disabilities and sensory processing disorders. The camp will run from July 18 to July 29 from 9 a.m. to noon, Monday through Friday. Children must be at least four years of age and accompanied by a parent. Teens and young adults will also find this camp fun and beneficial.

The camp will provide individualized therapy in a natural setting. The focus of the program is enhancing individual foundation and functional skills. Participants will be utilizing dynamic equipment such as the trampoline and zipline, swimming, and participating in fine-motor and visual-motor activities. Additional offerings include body work, brain gym, and opportunities for social interaction.

Campers do require an evaluation prior to camp. It is recommended that campers begin a home program beforehand, so that they can receive the maximum benefit from the camp.

According to Jacquelin Kilburn, camp director and owner of JUMP-IN Professional Services, the participation of parents is important. The camp also functions as a parent training experience, as well as a support system and source for networking. Parents can learn to utilize camp techniques at home to facilitate their children's development, as well as have opportunities to meet other parents facing similar issues.

Camp JUMP-IN has a ratio of two or three students to one professional. The camp can accommodate eight campers. Experienced occupational therapists, physical therapists, and speech therapists work at the camp. Student volunteers looking to gain practical knowledge in their field of study can also work with the program to assist campers.

All of this takes place on two-and-a-half acres of rolling land with trees and soothing natural spaces located at 10400 Hamburg Road. For swimming, campers go to the Whitmore Lake High School pool.

Kilburn, an occupational therapist for 40 years, with 20 years in private practice, was for six years the pediatric therapy supervisor at Mott's Children's Hospital in Ann Arbor. She says that her private practice, JUMP-IN Professional Services, is "most rewarding…[to see] people start functioning better both academically and in their motor skills." Some insurance plans do cover costs for the private program.

In her private practice, Kilburn works with adults as well as children in a variety of therapeutic modalities, including: Kineseotaping, which involves the use of a sticky form of Ace bandage-type tape, used to support the lymphatic system; the Wilbarger Protocol, involving a calm and soothing brushing technique, done with a specially designed brush; therapeutic listening, involving music specially formatted and played over headphones; cranio-sacral therapy; and sensory processing, among others.

Recently, Kilburn hired a physical therapist to work specifically on sports performance. Using a technique called the interactive metronome, the therapist works with athletes to improve their physical abilities. A computer is used to synchronize head and foot movement to an auditory input. Kilburn notes that improvements in timing, rhythm, and response time can be shown. Athletes from fields as diverse as dance, soccer, and baseball can all benefit. This technique also facilitates improvements in academic skills, speech and language, and focus.

If you would like more information about Camp JUMP-IN or the individualized programs and products that JUMP-IN offers, you may call 810-231-9042 or visit the website at www.jump-in-products.com. E-mail can be sent to info@jump-in-products.com. There is also more information about Camp JUMP-IN in our 2011 Camp Guide in this issue.

With names like "Radiant Life" and "Sacred Breath," the flower essence combination sprays of Merri Walters' Great Lakes Sacred Essences entice one to try them, even without a first sniff! The sprays, part of a group of flower essence sprays and tinctures available through the company, are gifts lovingly handcrafted with intuitive guidance by Merri Walters and her husband, Robin Grossheusch. Made in Michigan, along the Great Lakes Coast and at sacred sites throughout the United States and Canada, the essences bring "the powerful subtle healing qualities of nature" to bottled form. On a recent rainy, early-March day, Walters sat in her softly lit office while her cat calmly slept, and explained the process by which the essences come to be and how she began to do this work.

"...Raising eight children, I would have gone crazy if I did not have essences to help me through the challenges of everyday life. I never intended to make my own essences, but the spirit kept saying 'yes'."

--- Merri Walters of Great Lakes Sacred Essences

Walters had been using other people's essences in her work as a holistic health practitioner. She also says, "raising eight children, I would have gone crazy if I did not have essences to help me through the challenges of everyday life. I never intended to make my own essences, but the spirit kept saying 'yes.' I kept resisting and then I had a few experiences, which I consider to be initiations. I was asked to make an essence at a waterfall. Then, Robin and I made a few on Lake Superior. I felt I had fulfilled this spiritual request."

Then, one early autumn day in her Ann Arbor garden, Walters felt the spirit again, urging her to make essences from her flowers. Walters kept a cherry tree in the yard that had been dead for a year, and yet she looked up to see that it was in bloom — in mid-September. Walters kept photos of the miraculous, off-season blooms that graced the tree.

And, that was not all; the crabapple tree was also blossoming, apples and blooms together. And there continued, over the next few years, to be more flower appearances — strawberry, and the time when Walters and her son Luke found thyme blossoming under five inches of snow. "When I saw the cherry blossoms, I pushed aside all reservations," said Walters. She knew she would honor this calling.

Walters sees the essences working in a way that speaks to each of us in the language of the primal or soul. The essences can't make one change, she notes, but they give that moment when one has a choice. "When one takes the essence, she bypasses the analytical part of the brain and holds the problem so that it no longer produces tension. We feel a bit of peace, or react differently," she explains.

The physical making of the essences is a spiritual calling, says Walters, which has taken her and her family on some very interesting travels. Their destinations are spirit-guided. As it says in Sacred Essence literature, "The energetic life force of a flower, a gem, a special place, a body of water, or celestial event becomes vibrationally encoded for healing." When at a location, the Great Lakes Sacred Essences crew always asks permission from the flowers and from the land before taking materials and making an essence.

Great Lakes Sacred Essences are made with a base of prayer-intoned spring water. The preservative in the tinctures is organic brandy, 20% alcohol by weight.

Part of the process of making an essence includes Walters recording on paper what the essence is about. These descriptions accompany each essence, as one can see on their website. For example, the essence of Lake Superior Rock "brings balance to busyness" and is good for "helping meet the challenges of doing so much and having to constantly reorient." The product is accompanied by a prose description, which says in part:

> These rocks hold the colors of purity…
> Endless calm,
> True color caught in form. The rainbows off the lake, the Northern lights,
> The Sun, the blue sky...
> Solid so we can hold a wave.
>
> The essence will help round your edges,
> And push you gently to the shore
> To rest and glimmer in the warmth of the Sun…
> Helps the heart to open,
> To release stored radiance
> And open the ancient memory of perfection in form.

Essences are available locally at Falling Water Books and Collectables, Indigo Forest: Circle of Life Natural Store, Head to Toe Therapy, and the Rudolf Steiner School Store, as well as at the website, www.sacredessences.com.

For more information on Walters and her Great Lakes Sacred Essences, classes offered by Walters, or her private practice, please call 734-663-3160. You can also read the cover story on Merri Walters which appeared in Issue #26 (May thru August 2004) of the *Crazy Wisdom Community Journal*. It can be found on our website archive at: http://www.crazywisdom.net/interviewpdf/calendar%20articles/interview%20summer%2004.pdf

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Questions for Psychoanalysts Kerry Kelly Novick and Jack Novick about their New Book, *Emotional Muscle – Strong Parents, Strong Children*

Photography by Amy Hoga
Interviewed by Bill Zirinsky

Ann Arborites Kerry Kelly Novick and Jack Novick are nationally well-known and respected psychoanalysts. They are the authors of a new book, Emotional Muscle: Strong Parents, Strong Children. *They were instrumental in the founding of the Allen Creek Pre-School, which is a laboratory for integrating psychoanalytic insight with early childhood education.*

The Novicks first moved to Ann Arbor 34 years ago. Jack Novick had been raised in Montreal. Kelly Novick, the daughter of legendary Hollywood actor, Gene Kelly, was raised in California and around the world. They are the parents of Rebecca, Ben and Anna, all of whom went to Ann Arbor public schools and graduated from the University of Michigan. The three are now adults, living in Berkeley, London and New York City, respectively. The Novicks have four grandchildren.

Kerry Kelly Novick received degrees in Comparative Literature from the University of California at Berkeley and Psychology from University College, London. Kerry is a past President of the international Association for Child Psychoanalysis. Jack Novick received a degree in Literature and Mathematics from McGill University, his MA in Experimental Psychology from the New School for Social Research, and his PhD in Clinical Psychology from New York University.

The Novicks met in London in the 1960's, where they both trained as child psychoanalysts with Anna Freud. Jack went on to do adult training at the British Psycho-Analytic Institute and Kerry at the New York Freudian Society. Long associated with the University of Michigan Medical School, they are both in clinical practice with families, children, adolescents, and adults in Ann Arbor, Michigan.

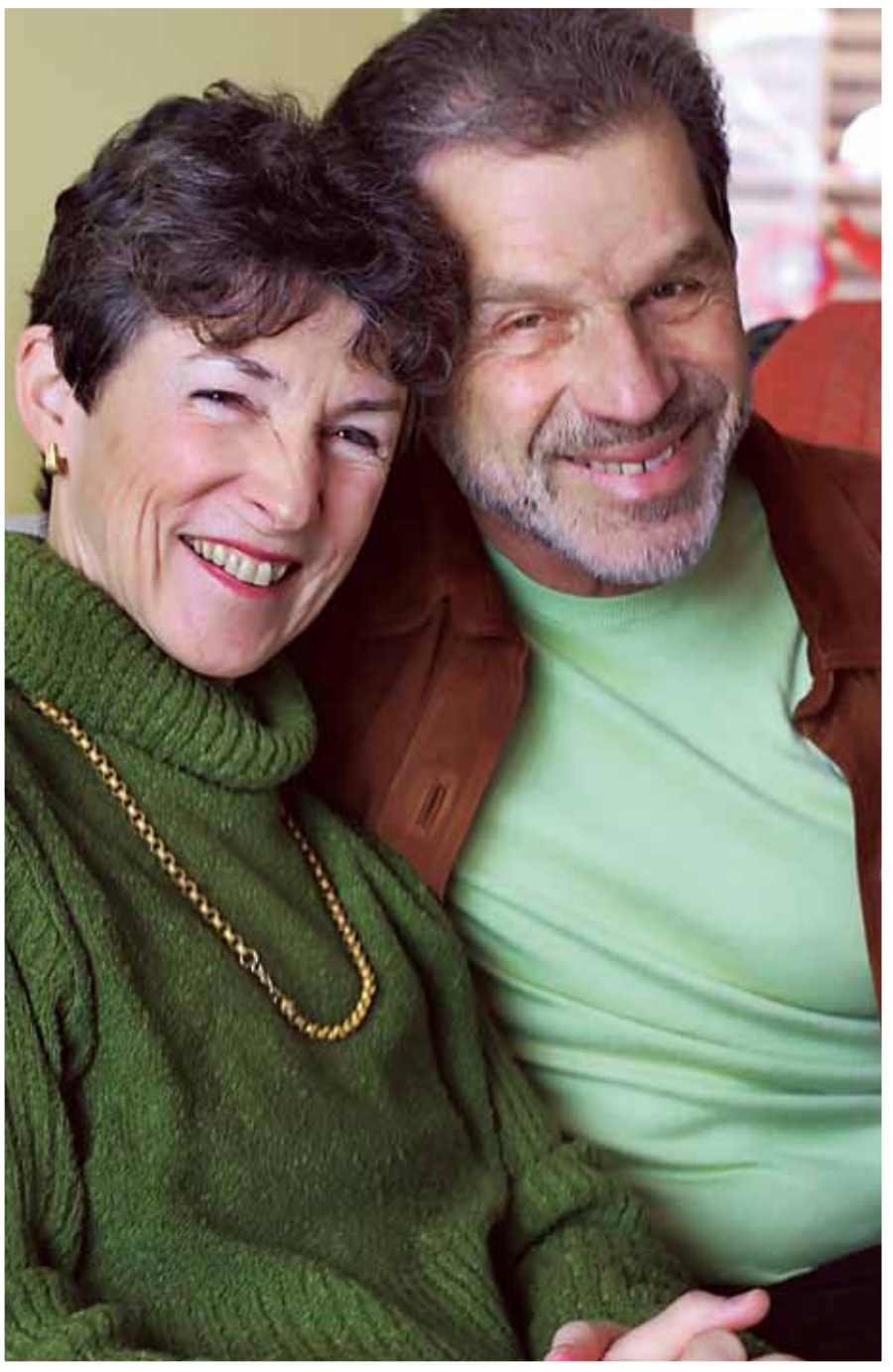
Bill Zirinsky: Your new book, *Emotional Muscle,* is your fourth book. What were your previous books?

Kerry Novick and Jack Novick: Our previous books were *Fearful Symmetry: The Development and Treatment of Sadomasochism* (1996, paperback 2007), *Working With Parents Makes Therapy Work* (2005, paperback 2011), and *Good Goodbyes: Knowing How to End in Psychoanalysis and Psychotherapy* (2006). These were all professional books, also translated into German, Italian and Finnish.

Bill Zirinsky: I had never seen the phrase "emotional muscle" before, and I love it. Did you develop the phrase, or had it been in use within an element of the psychoanalytic community or within the child development community?

Kerry Novick and Jack Novick: We invented it. We saw that parents and teachers were asking something of children that takes effort, work, persistence. This is similar to what people are doing when they learn a physical skill, mastering a sport, trade or instrument. So it came to us that people need emotional muscles, too, to be sturdy and fit to face life's challenges and master the steps in development. It's not such a new basic idea, since these qualities have been called by many names in many cultures, like character, virtues and so forth.

BZ: What motivated you to write this particular book? Please tell us what led up to your wanting to write this book about nurturing the development of emotional muscles in the early childhood years.



"Our greatest challenge is to get the word out about the importance of a thoughtful preschool experience as an investment for the rest of one's life."

Kerry Novick and Jack Novick: We are psychoanalysts – Freud's profound insight was that little children have complex minds, that their behavior has meaning. We know that early experience can have a significant impact on the rest of a person's life, for good or ill. This knowledge ebbs and flows in people's awareness at different times, with our society currently ignoring the needs of voiceless children. So part of the motivation for the book was to give voice to the potentiality of parent-child (and teacher-child) interactions and relationships.

Work at the various schools in the Alliance for Psychoanalytic Schools (about 14 members, including Allen Creek, across the US and internationally) has had a dramatic impact on the lives of families. We

wanted to find a way to convey what was actually being done, what created that impact. We needed a language to describe, in practical terms, concepts like “attunement,” or “ego strength,” etc.

In the book we don’t only talk about the development of emotional muscle in children, we also try to describe it in *all* parents, regardless of background. No one is trained to be a parent, whether they went to Harvard or dropped out of high school. It’s like being asked to go play in the Super Bowl without being trained to know about first downs or what it’s like to be exhausted after being tackled repeatedly. So everyone needs help to learn what is important and what isn’t; how to think about the job; how to set priorities, and, most importantly, how to find satisfaction and pleasure in the job.

Jack Novick

An Evening with the Novicks

The Novicks will be speaking about their new book, and engaging with the audience, at a Crazy Wisdom Salon on Thursday, May 5th at 7pm.

BZ: Can you give our readers an overview of the book's content, including a brief synopsis of emotional muscle as it pertains to babies, one-year-olds, two-year-olds, three-year-olds, and five-year-olds?

Kerry Novick and Jack Novick: We believe that young children are capable of much more than they are given credit for – but the best way to foster growth is by building what we call emotional muscle through thoughtful parenting, not by the harsh treatment many advice books (like *Battle Hymn of the Tiger Mother*, for instance) describe. Our book takes parents through the first five years of their child’s life, offering opportunities for emotional muscle-building at every stage. For example:

- Babies learn trust and adaptability;
- One-year-olds develop empathy;
- At age two, they learn resilience and mastery;
- For three-year-olds, it’s about persistence;
- By age four, they’re ready to develop internal controls and realistic standards;
- And at five, at last, it’s time for cooperation and competence.

Each chapter describes the characteristics and challenges of that age group as well as the emotional muscles that parents can work on to guide their children, with examples drawn from our highly successful preschool. As one mom of two school-age kids told us after reading the book, “I have gotten so much help and a sense of competence in my parenting *this week*!” More detail is available at www.buildemotionalmuscle.com.

BZ: Will you give our readers a sense of what the Allen Creek Preschool is, and what your role at Allen has been? And some history of the school?

Kerry Novick and Jack Novick: Allen Creek Preschool has a super-informative website at www.allencreek.org.

We were part of the group of 12 psychoanalysts, educators and businesses who each put in $50 to found the non-profit Allen Creek Preschool in 1994. Kerry was the first President of the Board and Child Development Director, as well as being the Parent-Infant and Parent-Toddler teacher for many years. Jack was on the Board and was head of the Program Evaluation committee. We both worked until a couple of years ago as Family Consultants, meeting with teachers and parents regularly to track the children’s development and help parents form a supportive community.

Now we serve as grandparents to the school, available to help when needed for development. We attend staff meetings and do inservices for teachers and community talks on “Thoughtful Parenting.”

A unique feature of Allen Creek among preschools is its extensive scholarship program. This was part of the mission from the beginning, based on our knowledge that everyone gains from participation in a diverse community. In these hard times, the scholarship program is more important than ever in making the school available to families. But it’s also harder to raise money; the school is lucky to have generous donors who have stepped up, for instance at the annual scholarship fundraiser, Dining For Kids (or D4K), every year in May.

“We both feel we have a greater appreciation of how hard parents work and how deeply they want to do a good job.”

Kerry Kelly Novick

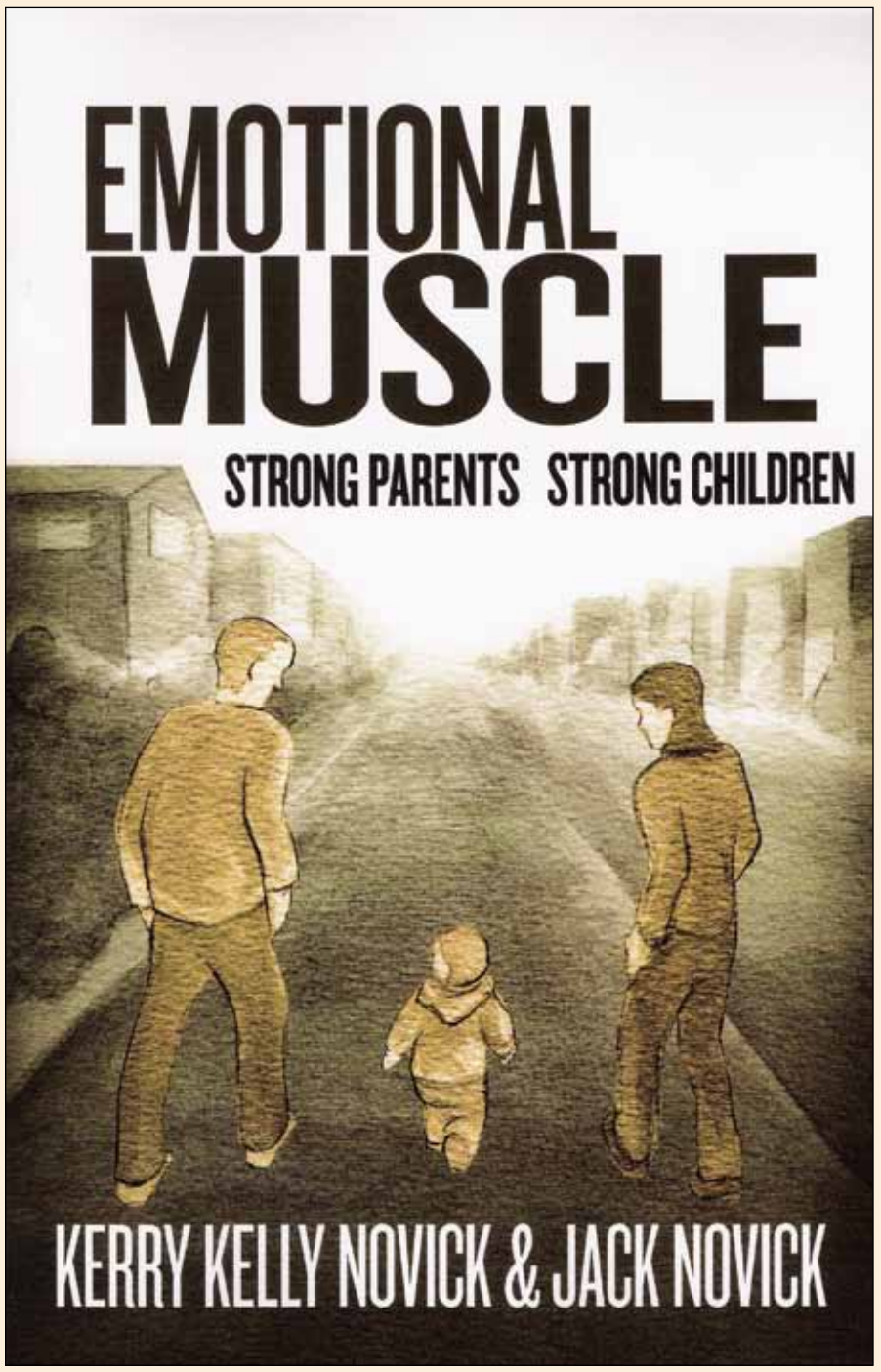
BZ: Over your years of working with Allen Creek Preschool, what are you most proud of? And what has been most challenging?

Kerry Novick and Jack Novick: We are most proud of the families willing to engage in the work of becoming thoughtful parents. The effort bears fruit – our first graduates are now halfway through high school. Everyone remarks on their particular kindness, social maturity, inclusiveness, creativity and focus.

Our greatest challenge is to get the word out about the importance of a thoughtful preschool experience as an investment for the rest of one’s life. Hence, the book and the effort to keep the price affordable, so that people can learn the ideas that have been developed at Allen Creek and other schools.

BZ: My wife and I have a delightful three-year-old daughter, Grace, and the parts of your book about the life and inner world of a three-year-old hit the mark. Could you just as well have continued on, and written about

Continued on page 60



"One of the things we talk about in the book is the importance of parents sharing their good feelings about their work with their children – it's an incentive to grow up."

Continued from page 59

emotional muscle for older school-age kids and for adolescents and for college-age young adults? (If so, I wish you would, as we have a seven-year-old daughter, too...and they're both going to get older, inevitably.)

The Novicks: The basic ideas in the book apply to all ages, since we all revisit the same issue throughout our lives. Some have directly visible application to older ages, like setting realistic limits. We are working on a sequel, to extend the age range to school kids and teenagers. And, working in a university town especially, we think there is important work to be accomplished by older adolescents and their parents to transform their relationship into one between adults.

BZ: Kerry, you've been writing a terrific parenting column for annarbor.com. Do you come by writing an advice column for parents with natural ease, as it would appear, or do you have to work hard to craft those skillfully calibrated answers?

Kerry Novick: The column is work and I love doing it, as it helps me understand what's important to people and clarify my own ideas. For me, it's a living experience of some of the ideas in the book about the interaction of work and pleasure. When a 3-year-old puts three blocks on top of each other, she may feel like she's built the Taj Mahal and feel terrific. But she hasn't really built the Taj Mahal. A parent's appreciation of what she has actually accomplished will validate her good feelings realistically. So I appreciate your kind words about my column in annarbor.com, which can also be found in the blog section of www.buildemotionalmuscle.com.

Jack and I both come from family backgrounds where work was a given and the satisfactions of work were visible and explicit. His parents ran a corner store, open long hours and serving the needs of the neighborhood. My parents were both dancers, who worked constantly to maintain their bodies and their skills. Jack and I both watched and helped our parents, feeling involved in their achievements. One of the things we talk about in the book is the importance of parents sharing their good feelings about their work with their children – it's an incentive to grow up.

BZ: It seems to me that the questions being posed to you, by Ann Arbor area readers of the annarbor.com column, have a depth and authenticity way beyond the average "Dear Abby" types of questions. Would you agree with that, and would you comment on that?

Kerry Novick: I think parents really care about what they are doing. Perhaps the anonymity of a column allows for greater openness. I try not to choose to answer more superficial questions and select those that speak to more general and important issues. Maybe because parents know I'm a psychoanalyst they go to a deeper place.

BZ: In the book, you wrote, "When there are hard or complex factors in a child's or parent's past – like medical illness, deprivation, abuse, adoption, or upheavals from war, emigration, or natural disasters – each phase of the child's development challenges parents anew to rework and redefine the meaning of the issue. In situations like this, where deep, perhaps unconscious, forces are at work in the personality, we can see the limits of the concept of emotional muscle." How so? Where's the friction between the concept of emotional muscle and the unconscious, complex factors?

The Novicks: It's not so much a question of "friction" as one of level. Suppose someone makes a New Year's resolution to start an exercise program, stop smoking, and lose weight. He does it for two weeks and then stops. And then he does it again the next year and the year after. By that time it will be clear that he needs help to continue his program and/or to address some underlying obstacle to doing what he actually wants to accomplish.

With a child, a parent may be asking too much or the issue may have too many underlying meanings to be dealt with on one level. Emotional muscle can help parents and teachers engage with problems and see how far they can get. Often they can go much further than they thought was possible. But, it can also help them recognize when they need extra help.

The idea of needing to go over things repeatedly stems from a difference between adults and children. Adults often master something pretty fully and move on. Children, on the other hand, because big issues or events take on new meanings with each phase of growth, normally need to work them through all over again, processing the issue at the new level, before integrating it and moving on to the next.

BZ: How do you foster a sense of gratitude in small children, for the daily gifts of health and family love?

The Novicks: Here we think you are talking about values, conveying what's important to you to your children. First one has to live one's values, appreciating those daily gifts and articulating the joy they bring. Too many parents come home from work and complain about their stressful day. You don't have to deny the hard parts, but it's important first to find something to recount that felt good, satisfying, productive, and how pleasurable that is. Kids need us to set an example. We can also teach these things explicitly, by noticing out loud and not just inside when the sun feels so good on our faces, when the pie looks a yummy brown and so forth.

To do this, however, families actually have to spend time together – there has to be a context for conveying these important lessons. That means family meals, activities and sometimes choices among pastimes or events for both adults and children.

BZ: How are the Ann Arbor area parents of 2011 different from the Ann Arbor area parents of ten or twenty years ago? Are their concerns different?

The Novicks: Each era brings its own challenges. We nowadays don't have to cope with the Great Depression as our grandparents or great-grandparents did. Rather than think of it comparatively, however, we look at what the hard things and the advantages of the present are. Given that most families currently have two working parents, a major challenge is how to keep love alive while apart, how to keep each other in mind. There are lots of ways parents and caregivers can support that crucial emotional muscle.

BZ: And how do you each think your own perspective has changed, as you've gotten older and wiser, and become grandparents, as it pertains to helping parents and their small children navigate their family lives?

"Our book is an effort to encompass the parental experience of finding support, finding pleasure, feeling good about the work they are putting in."

"We never leave the past fully behind, since it's part of us and we can't rewrite history, but it can take on new and more constructive meanings."

The Novicks: We both feel we have a greater appreciation of how hard parents work and how deeply they want to do a good job. A unique aspect we wanted to stress in the book is the growth of parents through the experience of doing the job. Most parenting books tell parents what they should do to their children. Our book is an effort to encompass the parental experience of finding support, finding pleasure, feeling good about the work they are putting in.

BZ: Can you each describe your professional lives currently? I see that you travel and lead workshops and give talks, and that you will be doing some events for your new book in San Francisco and San Diego and New York. Are you each still seeing patients in private practice? Are you still deeply involved with Allen Creek Preschool?

The Novicks: We are both still in private practice with children, adolescents, adults and families in Ann Arbor, and we are very involved in teaching here in town at the two psychoanalytic training organizations, the Michigan Psychoanalytic Institute and the Michigan Psychoanalytic Council. We travel to see our children and grandchildren and to teach at many other centers nationally and internationally. A nice thing about the modern world is that we can keep continuity in our work (keeping people in mind) by using Skype or phone to talk to our patients and students. We are both former chairs of MPI's child analytic training, and continue to supervise at the UM Department of Psychiatry. With Allen Creek, Kerry still leads their Parent-Child Resource Play Center at Peace Neighborhood Center, and we both offer inservices for teachers, attend staff meetings, and give talks for the community on "thoughtful parenting."

BZ: Jack, what has been most satisfying to you about your professional life and work?

Jack Novick: We both love that our work is never boring; we're always learning and feeling pleasure in increasing skill and competence. Even if we can't swim as far as when we were younger, emotional muscle increases with age and practice.

BZ: Kerry, what has been most satisfying to you about your professional life and work?

Kerry Novick: I find it deeply satisfying to see someone grow, to feel I've helped them find a way to use their strengths, skills and experience in new ways. We never leave the past fully behind, since it's part of us and we can't rewrite history, but it can take on new and more constructive meanings. It's an honor to be part of that process. I also find satisfaction in the internal consistency of my values in personal, professional, community and political life, even when that's difficult.

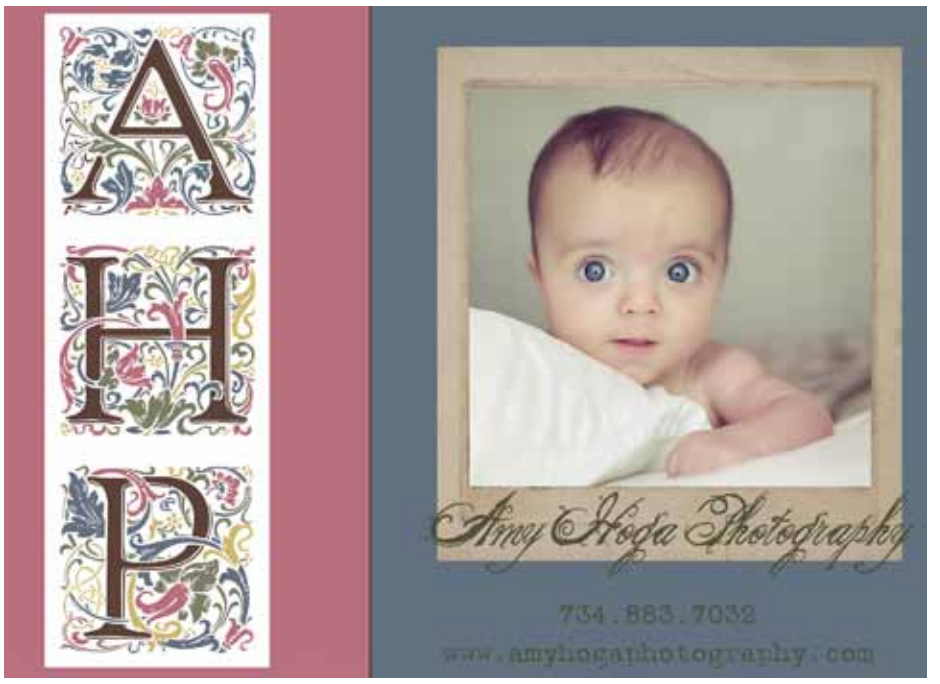
BZ: Jack, our next issue is published in the spring. Tell us what you love about Ann Arbor in the spring?

Jack Novick: I love the magnolia tree in our front yard, which we planted on our son's fourth birthday – now it's enormous. All year, the sunshine pours into my south-facing office window. I think Michigan is the sunniest state, and we can even canoe in our town's own river when the ice melts.

BZ: And, you, Kerry, what do you love to do in Ann Arbor in the spring?

Kerry Novick: I love the days getting longer and the first time I can go barefoot in the grass. We have lots of birds nesting around our house and I watch the cardinals, the woodpeckers, the mourning doves and the turkey vultures with fascination.

BZ: Thank you both.



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Supporting Women through their Childbearing Years ~

An Interview with Melisa Schuster

Interview by Bill Zirinsky
Photo by Sarah Neeley

(Melisa Schuster, MSW, LMSW, is a "psychotherapist for the childbearing years." She graduated from the U-M School of Social Work in 1994 and began her work in this field 10 years ago, when the study of postpartum depression was relatively new. Melisa recently moved to Chelsea with her husband and two kids after living in Ann Arbor for 20 years. She grew up in Cleveland, but considers this home. She has over 15 years of clinical experience with children, adolescents, adults, and families in the areas of substance abuse, family violence, and perinatal mood disorders.)

Briefly, what does it mean to be a psychotherapist for the childbearing years, and how did you find your way to this specialized and interesting area of practice?

Being a psychotherapist for the childbearing years means that I support women who are struggling with challenges related to childbearing, whether that's depression or anxiety during pregnancy or postpartum, overcoming traumatic birth experiences, coming to terms with an adoption or abortion, miscarriage or stillbirth, or parenting guidance.

Prior to starting my private practice, I worked in the substance abuse and family violence fields. Recovery for addicts and perpetrators of violence is best done in a group setting, so I knew I'd have to change my focus to one-on-one counseling. Becoming a mother was such a transformative and positive experience for me that I wanted to help women who were struggling during this important time. Being a mother can be such a large part of a woman's identity that it influences how they feel about themselves, and the relationship between a mother and child has a profound impact on how a child grows and develops.

You were involved with BirthWorks™ for a time. What is that?

BirthWorks™ is a method of childbirth education whose main tenet is that birthing is instinctual and that, if given privacy, love and support, a woman can give birth without intervention in most cases. It promotes a sense of trust in a woman's body and the birth process. Birth can be an empowering or disempowering experience, which can affect how a woman feels about herself and her relationship with her baby. BirthWorks helps women to have an empowering birth experience regardless of birth location. The two-year training was intensive and comprehensive and was the equivalent of a master's degree. Even though I no longer teach BirthWorks™ classes, I maintain my certification.

"Becoming a mother was such a transformative and positive experience for me that I wanted to help women who were struggling during this important time."

How new was the field of "psychotherapy for the childbearing years" when you began? What were the challenges in that?

When I began my private practice about ten years ago, I read all the books there were on the subject of postpartum depression: all two of them. This meant that I was essentially self-taught. My clients have been some of my greatest teachers.

You mentioned to me that "postpartum depression" is actually an umbrella term. Please explain.

Postpartum depression (PPD) is a mood disorder that occurs anytime during the first year after giving birth, but the symptoms can present in different ways. I had one client say to me, "I thought postpartum depression meant that you felt depressed after birth, but it's so much worse than that." Most women have more anxiety symptoms than depressive symptoms, which can be confusing, since we call it Postpartum *Depression.* In addition, PPD can have features of Obsessive-Compulsive Disorder or Panic Disorder, can include thoughts of suicide or running away, and, in rare cases, psychotic symptoms.

How does postpartum depression intermingle with Post Traumatic Stress Disorder (PTSD) in working with women after childbirth?

In about 5–10% of cases, PPD is really a manifestation of PTSD, as a result of a traumatic birth experience or a re-triggering of symptoms due to past sexual assault or other trauma. Women can feel traumatized by their birth experience if they perceived that their life or their baby's life was in danger, or if they had more interventions than they were expecting, or more than they wanted. I'm trained in Eye Movement Desensitization and Reprocessing (EMDR), an evidenced-based and very effective treatment for trauma.

"Most women [with postpartum depression] have more anxiety symptoms than depressive symptoms…"

Is your focus usually short-, medium- or long-term in your work with clients?

My goal is to help women feel better as quickly as possible. With PPD, that can be as quickly as six sessions. A woman often discovers, though, that there were some conditions that predisposed her to PPD. If she is interested, we continue our work to reduce her risk factors to prevent future incidences of depression or anxiety. A few problems require long-term work, and I do work with clients long-term when necessary.

You mentioned that there are numerous factors that are possible components in postpartum depression. Please elaborate.

Research has narrowed the predisposing factors for PPD to 16! There are biological factors, psychological factors, relationship factors, and life stress factors, which all combine in unique ways in each woman with PPD. The interesting thing is that, of all 16 factors, only one has predictive value: a woman who experiences depression or anxiety *during* pregnancy is more likely to have postpartum depression. I've seen women with all the predisposing factors not get PPD, and I've seen women with no predisposing factors get PPD. A vast majority of women with PPD have had no previous diagnosis.

Can you talk about the meaning of motherhood in our society, and other cultural factors? How does that affect women in general, and the women you see in your practice?

Mothers are held to such a high standard in our society. We all get messages about what it means to be a mother, and most of them are unconscious. I call these expectations the "myths of motherhood." Myths like: "Mothers should know how to care for infants and children." "Mothers shouldn't need any help." "Mothers should love being mothers and be totally fulfilled by motherhood." "Mothers should be self-sacrificing."

Women are subjected to conflicting messages: You should stay home with your baby/ you should go back to work; you should breastfeed/formula is easier; you should sleep with your baby/it's dangerous to sleep with your baby. How do I balance meeting my baby's needs with my needs?

How do those cultural factors, related to the meaning of motherhood, set up women for the experience of anxiety and depression during the childbearing years?

I think these unrealistic expectations affect the well-being of all mothers but, for women with PPD, they can be the source of feelings of overwhelm, incompetence,

"I read all the books there were on the subject of postpartum depression: all two of them. This meant that I was essentially self-taught. My clients have been some of my greatest teachers."

and shame. Women with PPD feel enormous guilt and shame for the symptoms they are experiencing; they often feel they can't tell anyone for fear of being thought a "bad mother." We often don't talk to each other about how hard mothering is, so we feel alone and isolated.

"Birth can be an empowering or disempowering experience, which can affect how a woman feels about herself and her relationship with her baby."

What kinds of differences do you see when working with mothers of different ages in facing the challenges of mothering? And how do these issues cut across socio-economic lines?

I find that teen mothers and older mothers tend to have the most difficult time. Teen mothers because they haven't had the chance to finish growing up themselves and may not have adequate support. Older mothers because they have had so much of their identities evolve from a sense of accomplishment, and taking care of a baby requires a lot of repetitive tasks (i.e. diapering, feeding, soothing); there's just not a big sense of accomplishment in that. The rewards of motherhood are very long-term.

I once did focus group discussions with mothers of varying cultures and economic backgrounds. While mothers living in poverty certainly have more challenges, the "myths of motherhood" seem to affect all women, regardless of socio-economic status or the culture they were born into.

When the mother is experiencing postpartum depression, what are some of the challenges for their husbands and partners?

PPD affects the whole family. Men can feel scared, worried, or overwhelmed by their partner's symptoms. Partners often have added responsibilities for household tasks or childcare in addition to supporting the partner with PPD. Partners often don't know what to do or say to help; it can be very difficult. I often work with couples to help them understand PPD, what the road to recovery looks like, and how to mend the relationship after it's gone through such a stressful time.

You mentioned to me that dads can sometimes have postpartum depression. Please explain.

I've seen dads also experience depression after the birth of a child. Sometimes they feel overwhelmed by the financial responsibility; sometimes the birth of a baby triggers feelings about their own fathers or absence of a father. But interestingly, epidemiological research has shown that men are not more predisposed to depression/anxiety during the childbearing years; women are.

You also work with childbearing losses related to miscarriages, childbirth traumas, abortions, and adoptions. You indicated to me that friends and family have different capacities for handling the grief that a woman might feel about her childbearing loss, and that's where a therapist can help. Please give us a feel for that work.

I think of therapy as "holding the space" or creating safety for examining thoughts and behaviors, expressing feelings, creating meaning and making changes. Grief is not pathological and most people can heal from a loss without therapy. Most of the time, healing comes when a woman is able to tell her story and express her feelings, helping her to make sense of her experience. But it's difficult to witness others' intense feelings. And family and friends may be experiencing their own feelings about the loss. So even the most supportive family or friends might have a difficult time being present for the woman's feelings. Other times, a woman may get stuck in the grief process. These are times when therapy can be helpful.

You commented to me that depression and anxiety create a barrier between a mom and her baby or child, and yet much of the literature focuses on how that affects the baby or child. Can you expand on that?

When a mother is depressed or anxious, she can be preoccupied with her symptoms. Research has shown that babies of depressed mothers are more fussy, smile less, and are less playful, which can impact learning and growth. I think this is important information, because it helps us understand why we need to treat postpartum depression. But this information also increases the burden mothers feel. I want to treat postpartum depression because I think it's important for mothers to feel good about themselves, to enjoy their role, and because their mental health supports the well-being of the whole family.

You have said that we don't like to think there is such a thing as medical trauma, but that it exists. Can you talk about that?

Medical treatment is designed to cure illness and disease, and doctors don't intend to cause pain, but sometimes medical procedures can cause trauma and make people feel scared and out of control. Depending on the person and the medical procedure, a person can be traumatized by the medical experience. I think that, in general, we don't recognize this and the trauma goes untreated. In the case of a cesarean section, for example, women are often told, "You should be grateful you have a healthy baby," and their traumatic experience gets ignored or dismissed. I have worked with women who are pregnant and are terrified of the upcoming birth, because of a previous traumatic birth experience.

What do you love most about your work with women in their childbearing years?

I love being a part of women's healing: watching them come into themselves as mothers, feeling competent and happy in that role.

What is hardest for you in doing this work?

Occasionally, I get frustrated when the systems that we've set up to help people don't work well; for instance, when a woman needs hospitalization but can't access it due to lack of insurance.

What are the gifts for you in working with so much sadness and loss, grief and disappointment?

I feel very honored when women trust me enough to share their innermost thoughts and feelings, even when they are afraid to say them out loud. I appreciate the inner strength and resources women bring to their healing. It's very gratifying to witness clients moving through these feelings to the peace they find on the other side.

You've created two CDs for the general public. What are they about and why did you make them?

I found myself teaching my clients relaxation skills and using visualizations to strengthen their coping resources. Strengthening these coping resources can have dramatic effects on clients' mood and functioning and how they feel about themselves. At first, I made audio tapes of very poor quality using a hand-held tape recorder for each client. I decided a couple years ago to go into the studio to make high-quality recordings.

The CDs would be appropriate for anyone, but especially someone who has suffered a trauma, or is on an emotional healing or spiritual journey. My CDs *The Light Within: Meditations for Peace* and *The Light Within: Meditations for Inner Strength* are available on my website (www.melisaschuster.com).

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(Melisa Schuster can be reached at 734-302-0033. Her website is: www.melisaschuster.com)

Recommended Resources for the Childbearing Years

(Some of the books listed below are available at Crazy Wisdom, or can be ordered for you.)

Childbearing Losses:

Ended Beginnings: Healing Childbearing Losses by Claudia Panuthos**,** Catherine Romeo, and Peggy O'Mara McMahon

Empty Arms: Coping After Miscarriage, Stillbirth and Infant Death by Sherokee Ilse

Miscarriage and Newborn Loss Support Group, meets the second Tuesday of every month, 7-9 pm at the Lamaze Family Center, 2500 Packard Rd., Suite 101, Ann Arbor 48104 ---www.lamazefamilycenter.org

Mothering:

Mothering Magazine and ***mothering.com***

The Mask of Motherhood: How Becoming a Mother Changes Our Lives and Why We Never Talk About It by Susan Maushart

The Mommy Myth: The Idealization of Motherhood and How it has Undermined All Women by Susan Douglas and Meredith Michaels (local authors)

Center for the Childbearing Year, a local resource for childbirth classes, doula training, and breastfeeding support, www.center4cby.com

Mothering Arts -- A local support group for mothers, Mondays 10-11:30 am, Center for the Childbearing Year, 722 Brooks, Ann Arbor 48103; call 734-663-1523 for more info

Lamaze Family Center -- A local resource for prenatal, postpartum, and mom-baby classes www.lamazefamilycenter.org

Postpartum Depression:

The Postpartum Depression Support Group of the Greater Ann Arbor Area, meets the first and third Mondays of each month from 10:3am to noon, at space donated by the Lamaze Family Center; for more information, 734-418-2683 or www.ppd-annarbor.org

www.postpartum.net -- Website of Postpartum Support International

Beyond the Blues by Shoshana Bennett and Pec Indman

Down Came the Rain by Brooke Shields

The Postpartum Husband by Karen Kleiman

Therapy for Moms Impacted by Trauma:

Survivor Moms: Women's Stories of Birthing, Mothering, and Healing After Childhood Sexual Abuse by Mickey Sperlich and Julia Seng (local authors)

www.mhweb.org -- An online resource for finding therapists in the Southeast Michigan region cross-referenced by therapist's specialty and insurances accepted

Bringing out Artistic Imagination in Teens and Tweens

Shaqe Kalaj and her students

"It's fascinating for me to work with young people. There's so much freshness in them. But there's also so many clichés that the students share in their language — and in their artwork — that need to be explored and viewed from different perspectives. I believe that art can be the means for opening up a perspective that's inquisitive and alive."

By Shaqe Kalaj

In one of my art classes, a teen student mindlessly scribbled on a piece of paper, saying, "That's art." I looked at her directly and said, "No it's not. You just drew a line; you didn't put any of *you* into it." I still remember the look of surprise in her face.

As a teaching artist working with youth, my greatest satisfaction is opening the doors of what's possible for them by asking the question, "What is art?" This is one of the most probing questions inherent in contemporary arts. By applying it to teens and "tweens" who are asking themselves, "Who am I?" – I'm trying to offer them a very potent and transformative experience.

As a working artist, I define myself as "content-based": my message determines the medium and the style I use to create my initial intention. Who I am, as an artist, is the foundation on which I build my teaching. I enjoy working with people of all ages, with and without disabilities. But teens and pre-teens hold a special fascination for me.

Children, as they grow, move from an imaginative phase to a more concrete existence in our culture. My task is to prolong the imaginative stage in order to make the concrete stage more vivid and alive. I've used many techniques in this process; below I'll share two examples.

Currently, I teach adult and young people's art classes at Art & Ideas (a contemporary gallery and studio in Plymouth, Michigan). I've been working with several pre-teens in exploring imaginative landscapes. As I was leading the students, I didn't specifically tell them to draw an imaginative landscape, since I don't think directness brings out their imagination. Instead, I gave them yarn and string and had them trace it on the paper in a haphazard way. Then the students had to visualize what kind of landscape could be depicted by what was now on their paper.

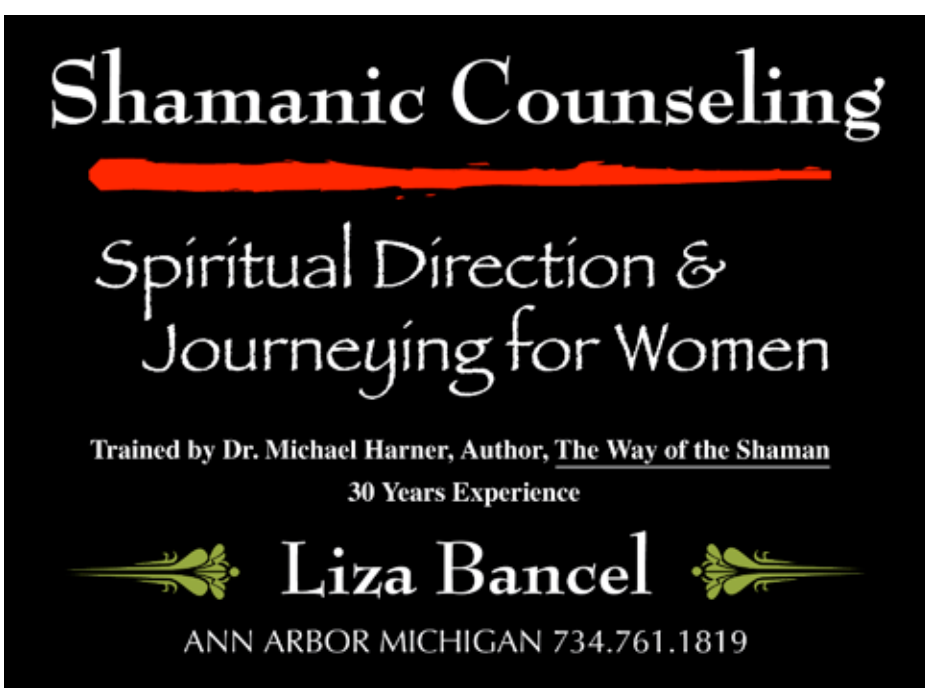
It's in this process that they break conceptions of what a landscape is "supposed to be" — instead, coming up with a surprise that they would not necessarily have conceived of initially. As they began to paint, they brought out what naturally started to develop for them, gradually making the landscape look more concrete.

My approach with teens differs from pre-teens in that "the concrete" is more important in the teens' stage of development, as well as in their personal preferences. So my approach interweaves conceptual ideas to lead them into an imaginative process, where they don't get stuck in literal thinking. This can create breakthroughs in the creative process.

For example, I was working with some teens in an after-school program in Detroit, where I had the students paint portraits of historical Detroit figures. In this instance, I wanted to engage their conceptual thinking. First, I showed them a photograph of a Detroit hero unknown to them, explaining the person's history. I even read them a monologue of what he might have been thinking before he died. It was only at this point that the students became highly engaged, and painting a portrait of this hero then became a heroic experience! (To learn more about this project, please visit: http://voicethread.com/share/1154784/)

It's fascinating for me to work with young people. There's so much freshness in them. But there's also so many clichés that the students share in their language — and in their artwork — that need to be explored and viewed from different perspectives. I believe that art can be the means for opening up a perspective that's inquisitive and alive. And I think our approach to teaching young people needs to draw this out of them and set a basis of how art and perception can be something that they can carry with them throughout their lives.

Shaqe Kalaj runs workshops and classes for all ages at Art & Ideas. The "tweens" class (ages 9-12) is on Saturdays, and the teens class is on Thursdays. For the full class schedule and news about art exhibitions, visit: www.artandideasgallery.com or call the Gallery at 734-420-0775. Shaqe can be reached at imshacha@me.com. You can also find her class listings in the Art & Craft section of the Calendar on page 77.


Shamanic Counseling
Spiritual Direction & Journeying for Women
Trained by Dr. Michael Harner, Author, The Way of the Shaman
30 Years Experience
Liza Bancel
ANN ARBOR MICHIGAN 734.761.1819

Crazy Wisdom's Summer Camp Guide

Compiled by Kimberly Didia

2011
Crazy Wisdom Kids
Summer Camp Guide

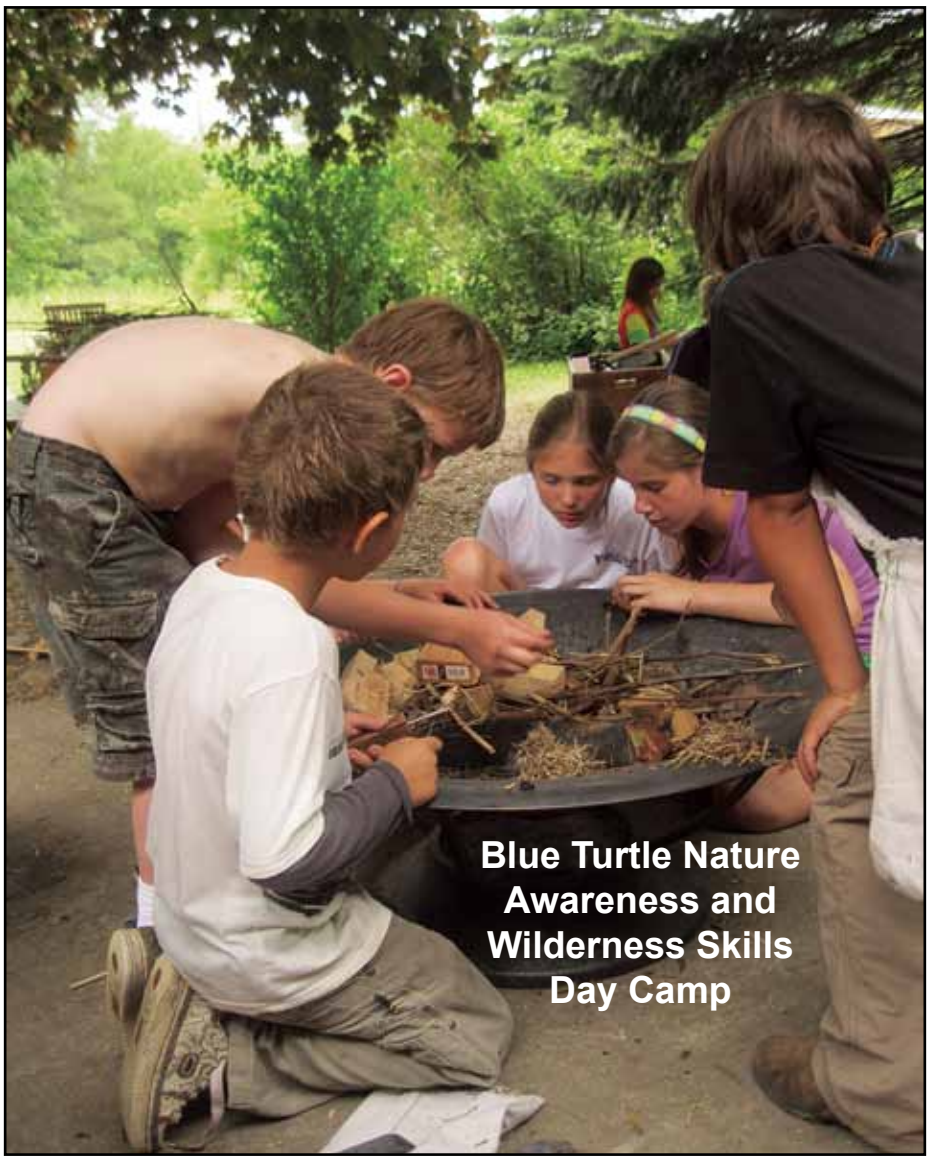
(The listings below are provided by the camps, and for the most part, the listings are in their own words. You will get a sense of each camp's philosophy and offerings, and you'll get a feel for how each camp might enrich your child's summer.)

Summer Camp. Those two words evoke endless possibilities and emotion for our wonderful kids. Unfortunately, those two words can also cause a great deal of stress for parents. The options are numerous and varied, to say the least. After speaking to many camp directors for this feature, one thing is clear -- these camps are doing their best to provide an exceptional experience for your children--- tapping into their physical, spiritual, intellectual, and creative sides.

The camps chosen for this feature are diverse and exciting --- camps which focus on athletics, the arts, music, nature, fantasy, and much more. The directors and support staff are willing and eager to help you and your child choose a camp that is an ideal fit.

Gather up your child, along with the 2011 *Crazy Wisdom Kids* Summer Camp Guide, and breathe a sigh of relief as you peruse the following pages. A wonderful and fulfilling summer is right around the corner!

~ Kimberly Didia


Blue Turtle Nature Awareness and Wilderness Skills Day Camp

Ann Arbor YMCA Camp Al-Gon-Quian

www.annarborymca.org; camping@annarborymca.org; 734-996-YMCA
Camp Director: Sarah Kurtz, 734-661-8051Burt Lake, MI (just south of Mackinac) - Buses leave from Ann Arbor for each session

Camp Al-Gon-Quian is the Ann Arbor YMCA's overnight camp for campers ages 6 through 16. Offering traditional camp programs of one to two weeks throughout the summer and some seasonal programs, Camp Al-Gon-Quian has become a home away from home for many of our campers throughout our 85-year history. We believe campers should have the opportunity to grow physically, socially, mentally and spiritually here at camp in a warm, positive environment. We believe the atmosphere necessary for growth requires a safe environment, a variety of experiences and as much camper involvement as possible. Swimming, Sailing, Canoeing, Nature, Drama, Writing, Horseback Riding, Newspaper Production, Landsports, Climbing Wall, Archery, Riflery, Arts and Crafts, Woodshop, Waterskiing, Leadership, etc.

Dates: Various sessions running from June 25-August 28
Session 1 – June 25-July 2; Session 2 – July 2-16; Session 3 – July 16-30; Session 4 – July 31-August 14; Session 5 – August 14-21; Session 6 – August 21-28
Cost: One-week session, YMCA member: $460; One-week session, non-member: $510; Two-week session, YMCA member: $795; Two-week session, non-member: $895

Ann Arbor YMCA Camp Al-Gon-Quian

Ann Arbor Rec/Ed Summer Camps 2011

www.aareced.com; 734-994-2300
Various camps throughout Ann Arbor available throughout the summer.

Over 200 exciting summer day camps for youth ages 3-17. Full day summer camps include Quest, Green Adventures, Teens-N-Transition (T-N-T), and the following Literature and Academic Camps: Writing, Essays and Grammar Made Fun, Chess, Virtual Restaurant, Poetry, Star Wars, Japanese Anime, Harry Potter, Yu-Gi-Oh Card, Twilight, Kidconomics and Summer Math Explosion.
Cost: Various; early bird specials available through May 8

Barb's Sewing School Summer Day Camps

www.barbssewingschoolaa.com; barb@barbssewingschoolaa.com; 734-662-6891
Camp Director: Barb Tiews

Focus of the camps is to teach basic sewing skills in a fun and safe environment, so that the children have success. Camps include, in the half-day format, clothing camp, dress-a-doll camp, sew crafty. One full-day, week-long camp will be offered with the focus Sew and Bake.

Dates: Throughout the summer; week-long, half-day camps are held in a studio near Mack School. Enrollment is open as of 3/15/2011 and goes through June. Camps with enrollment activity will accept campers until the end of the month. Any camp with no enrollment activity by the middle of June will be cancelled.
Cost: $170

Continued on page 66

Crazy Wisdom Kids ~ Summer Camp Guide

Continued from page 65

Blue Turtle Nature Awareness and Wilderness Skills Day Camp

www.blueturtlenaturecamp.com; frank@awakenedbreath.net
Camp Director: Larissa Czuchnowsky, 734-975-4448
3380 Pittsview Drive, Ann Arbor, MI 48108. Located on a one-acre homestead with a 25-acre nature area a short walk from camp.

In a playful environment designed to nurture the qualities of cooperation, inclusion, and friendship, this hands on camp fosters the development of nature awareness and outdoor living skills. We start each day with community building activities, games, drumming and music and have a morning workshop focused on areas such as water and food gathering, shelter building, fire making skills, primitive tools, animal tracks and other indicators, plant identification and use (or avoidance), knot making, basic orienteering, etc. Afternoon workshops focus on nature crafts, weaving, basket making, soapstone carving, candle and soap making, etc. Afternoon cool down time, games, culinary adventures often from foraged plants, as well as 2 healthful snacks are provided each day campers bring their own sack lunches.

Larissa Czuchnowsky is an avid naturalist and dynamic Middle School teacher who inspires children's groups through indigenous games, crafts, and stories. Frank Levey has been a student of the natural arts since childhood and has been practicing wilderness living skills since childhood. He has studied extensively with Tom Brown, Jr., and other highly skilled outdoorsmen and women. He has been teaching youth and adult groups in both New York and Michigan since 1985. Frank also offers an after school program at the camp during the school year.

Dates and Cost: Ages 7-12: June 20-24, June 27-July 1, July 19-23, each day 9 am-4 pm, cost $285 by May 1, $295 after. Ages 13-15: July 11-15, each day 9 am-4 pm, cost $285 by May 1, $295 after. Ages 4-6: July 5-8, 2 sessions, either 9 am-noon or 1 pm-4 pm, cost $115.

Camp Raanana

www.CampRaanana.com; deborahhuerta@jccfed.org; 734-971-0990
Sponsored by the Jewish Community Center of Greater Ann Arbor
Camp Director: Deborah Huerta
The camp is located on a beautiful private site at Independence Lake County Park (3200 Jennings Rd. Whitmore Lake, MI 48189). We provide daily round-trip bus transportation to the campsite from our base at the Jewish Community Center (2935 Birch Hollow Dr., Ann Arbor, MI 48108). Camper drop-off and pick-up takes place at the JCC each morning and afternoon.

Camp Raanana is an outdoor day camp for campers entering grades K-8. The camp is located on a beautiful, natural site at Independence Lake Park, with access to a private swimming beach, boating areas, nature trails, sports fields, playgrounds, and a spray zone. Camp Raanana is the perfect place for campers to explore new interests, build strong friendships, gain self-confidence, and have fun outside.

Campers entering grades K-2 enjoy Red Cross swim lessons, sports, arts & crafts, nature exploration, music & Judaics, free swim, and exciting weekly fieldtrips and special events. Campers entering grades 3-5 enjoy all these great activities, and also get to choose an enriching afternoon specialty each week, such as Lego Mania, Boating, Digital Photography, Martial Arts, Drama, Drumming, Clay Creations, World of Sports, Dance, Magic, Jazzy Jewelry, Kids Yoga, and Silly Science. Campers entering grades 6-8 participate in the Pioneer Adventure Program and experience a summer of adventure as they travel to exciting destinations, explore new challenges, enjoy activities at camp, and participate in fun community service projects.

Dates: June 20-August 19, with extra programs also offered the week of August 22-26. Families sign up for a minimum of two 1-week sessions. 8:45am-4 pm, with extended care available from 7:30am-6pm.

Cost: $210/week, $25/week for extended morning care, $50/week for extended afternoon care, $150/week for the three-day program for entering kindergarteners. April 1 early bird deadline (up to $10 off per week); April 1 scholarship deadline; May 2 raffle deadline (registrants will be entered in a drawing for a free week of camp); June 1 final registration deadline.

Circle Pines Center Summer Camp

www.circlepinescenter.org; info@circlepinescenter.net; 269-623-5555
Director: Tom VanHammen; Program Director: Rachel Zegerius; Summer Camp Director: Tessa Simonds
8650 Mullen Road, Delton, MI 49046

Founded in 1938, Circle Pines Center has always been integrated and open to all, without discrimination. Our mission is to teach peace, social justice, environmental stewardship and cooperation, through education, recreation, work and the arts. Our program combines elements of a traditional summer camp with cooperative work projects and educational activities that focus on things like climate change, food politics, social justice, grassroots organizing, ecosystems, and the importance of critical thinking. Our focus on cooperation as an interpersonal strategy, and viable economic alternative, are embodied in our daily chores, work projects, decision making, camp store and other activities. We pride ourselves on creating a safe, inclusive, engaging space where diversity and growth are fostered. Many of our campers tell us that they feel more at home at Circle Pines than they do anywhere else.

Activities include - Morning work projects: Construction, Organic Gardening, Trail Construction & Maintenance, Nitty Gritty Cleaning Detail. Afternoon Activities: Art & Crafts, Theater, Swimming, Canoeing, Folk Dancing, Singing, Nature, Berry Picking. Sports: Ultimate Frisbee, Soccer, Volleyball, Basketball, Kickball, Capture the Flag.

DANCERS EDGE AT "STUDIO D"
Competitive Dance Programs
Home of U of M Dance Team
Summer Camps & Classes begining June 13th
Princess Camps, Pom Camps, Musical Theater Camps, Art Camps, Dance Camps, Girls Empowered Leadership Classes and more!
Register online at www.DextersDancersEdge.com
Jazz • Hip-Hop • Ballet • Lyrical • Studio Technique • Tap • Baton • Cheer
Voice Lessons • Piano Lessons • Adult Fitness • Art Classes
Team Building & Motivational Seminars • Girls/Boys Empowered
Leadership Workshop • All ages Welcome • Private Lessons Available
734.424.2626 • 3045 Broad St., Dexter
dextersdancersedge@yahoo.com

Dates: Session 1: June 26-July 9 (2 weeks); Session 2: July 10-16 (1 week); Session 3: July 17-30 (2 weeks)
Cost: By April 15: 1 week - $500, 2 weeks - $1,000. After April 15: 1 week - $525, 2 weeks - $1500. Camp scholarships are available. Please apply by April 15.

Cranbrook Summer Art Institute

cschneider@cranbrook.edu; www.CranbrookSummerArt.org; 248-207-8562
Program Manager: Christopher Schneider
Cranbrook Academy of Art, 39221 Woodward Ave, Bloomfield Hills, MI 48303

The Cranbrook Summer Art Institute offers intensive 3-week art classes to teenagers ages 13 to 18. This pre-college program features a selection of 21 different classes designed for both the student exploring a new area to the experienced student preparing for college. Instructors are highly talented artists, most of whom are attending Cranbrook Academy of Art, ranked as one of the top three graduate art schools in the nation. Unique subjects such as fashion design, video art, comics, architecture and woodworking, in addition to traditional subjects in painting, drawing, photography, ceramics and more. Classes are open for registration until they fill. Each class takes 12 to 15 students.

Dates: June 27-July 15; July 18-August 5; August 8-August 26
Cost: Day students: $995 flat fee for any class. 10% discount when taking more than one session. Boarding students: $3500 flat fee for room, board and tuition. Discount for multiple sessions. Scholarships are due April 22nd.

Dancer's Edge @ Studio "D" Summer Camps 2010

DextersDancersEdge@yahoo.com;
www. DextersDancersEdge.com; 734-424-2626
Dancer's Edge @ Studio "D" 3045 Broad Street, Dexter, MI

Dancer's Edge is home to "Blaize", The University of Michigan's Hip-Hop team and practice Facility for the University of Michigan's Dance team! Our staff of 15 teachers, who are U of M graduates and dancers, certified in their fields of dance, want to help your child develop confidence, learn new skills and have fun in an exciting environment!

Camps include Princess Camp I & II, Tumbling for Dancers I & II, Musical Theater/Triple Threat/Vocal Camp, Hip-Hop Intensive, Dancer's Edge Dance Competition/Choreography Camp, Summer Art Camp- Paper Mache and Sculpting, Modeling Grace and Manners Camp, Bully Boot Camp-What to say to the bully and more!, Baton Twirling Camp, Leadership and Teambuilding Camp, University of Michigan Cheer/Dance Camp,

Dates: June 13 - August 19; Camps for ages 3-17
Cost: $125-$250

Detroit Zoo Summer Safari 2011

www.detroitzoo.org/education; 248-541-5717 ext. 3800
8450 W. 10 Mile Road, Royal Oak, MI 48067

The Summer Safari Camp combines tours, songs, games and crafts into a fun opportunity to learn about wildlife, wild places, and the ways that people can help animals. Youth Camps (Ages 4-5) Our youngest campers have a variety of morning and afternoon camps to choose from. Programs are designed to introduce youngsters to the world of animals in an interactive and fun setting. Youth Camps (Ages 6-8) Be sure to check out our two new camps, Designing Zoo Habitats and Tundra Tracks for this age group. Paleontology Uncovered is back with the return of Dinosauria! Youth Camps (Ages 9-11) A new age group means new and exciting activities. Zoologist Camp is sure to be a hit for youth who want to work with animals. Teen Camps (Ages 12-15) Teens will enjoy hands-on activities that focus on wildlife conservation and environmental concerns. We will collect meaningful data and make observations that scientists need!

Dates: June 20-August 12 (Ages 4-15). **Cost:** $25-$235 depending on camp choice.

Girl Scouts Heart of Michigan (GSHOM) Summer Camps

www.girlscoutcamp.org; pgrubaugh@gshom.org; 800-49-SCOUT or 734-971-8800
Outdoor Program Manager: Pam Grubaugh, 800-49-SCOUT ext. 7261
Locations: Camp Linden, Linden, MI; Camp Crawford, Milan, MI; Camp Wacousta, Grand Ledge, MI; Camp Merrie Woode, Plainwell, MI; Camp O' the Hills, Brooklyn, MI; Camp Deer Trails & Camp Oak Hills, Harrison, MI

Programs for all girls entering grades K-12! Not a Girl Scout? Join today! Girl Scouts' beautiful camps, located throughout the state, offer acres of woodland and oodles of fun where girls can explore, create, laugh and lead. Whether it's a day camp, an overnight or a week-long stay, camp gives girls an opportunity to discover the power of being a girl while building courage, confidence and character. Girl Scout camp is a safe place where girls can make new friends, gain practical life skills, and develop critical thinking skills, practice team building and more! We offer a wide variety of amazing experiences including nature exploration, horseback riding, outdoor adventure, water sports, swimming, hiking, fine arts, travel and leadership.

GSHOM also offers affordable custom programming and facility rental for your next family reunion, group meeting, team retreat, wedding or special event in a beautiful setting near you. To tour our facilities and meet the staff, join us at our camp open houses happening in May. GSHOM camps are accredited by the American Camp Association and licensed by the State of Michigan.

Dates: June 19-August 16. Enrollment Deadline: 3 weeks prior to the camp session.
Cost: Average cost is $90-150/week for day camp and $250-350/week for overnight camp. Additional rental rates and program options are available on our website.

GO Comedy! Improv Theater GO Youth! Summer Camp

www.gocomedy.net; classes@gocomedy.net; 248-677-1772
Camp Director: PJ Jacokes, PJ@gocomedy.net
261 E. 9 Mile Rd., Ferndale, MI 48220

Dates: Beginning March 19, we will be offering Improv J.V. for kids in grades 6-8 and Improv for Teens 1 for kids in grades 9-12. Both classes will be held on Saturday mornings from 10:00-12:00 p.m. at the Go Comedy! Improv Theater in Ferndale. The classes run for 8 weeks. The 2011 GoYouth! Summer camps will be held the week of August 1 for kids entering grades 10-12; the week of August 8 for kids entering grades 4-6; and the week of August 15 for kids entering grades 7-9.
Cost: $150.

Go Like the Wind Montessori School Summer Camp

www.golikethewind.com; summer@golikethewind.com; 734-747-7422
3540 Dixboro Lane, Ann Arbor, MI 48105

With over 24 years of experience, Go Like The Wind Montessori School provides a high quality well rounded summer camp for ages 3-9. The summer program follows Montessori practices and principles while offering a combination of educational activities, arts and crafts, in house presentations and field trips. Join them this summer and experience all of this and more on their 40-acre campus!

Preprimary will participate in: New themes each week; Daily educational activities; Daily arts and crafts activities available; Picnics on the lawn; Weekly cooking activities; Water play; Adventure walks on our 40-acre campus; Outdoor activities and games; Weekly in-house field trips; Daily schedule similar to school-day routine. Preprimary programs available for both half-day and full-day students
Dates and Cost: June 15-August 24; Half-Day: 7:30am-11:30am or 12:30pm-3:30pm; Weekly Rate: $110; Full-Day: 7:30am-6pm; Weekly Rate: $190

Elementary (ages 6 to 9) will participate in: Two off-campus field trips per week; Daily educational activities; Arts and crafts activities; Sports and games activities; Trips to local swimming pools; Picnics on the lawn; Weekly cooking activities; Adventure Walks on our 40-acre campus; Outdoor activities and games
Dates and Cost: June 15-August 24
Full-Day only: 7:30am-6pm; Weekly Rate $215; Out of area field trips fees may be required.

Honey Creek Summer Camp

www.honeycreek.org; hcsummercamp@hc.wash.k12.mi.us; 734-994-2636 ext. 2240
Camp Director: Sue Hofbauer
Honey Creek Community School (located on WISD campus)
1735 S. Wagner Road, Ann Arbor, MI 48103

Honey Creek Summer Camp offers enrichment programs and extended daycare for school-age children (ages 4 years 9 months-13 years). Flexible

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Crazy Wisdom Kids ~ Summer Camp Guide

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scheduling allows families to sign up for the individual days or weeks they need or want during the summer. Each week will have a different theme and feature a related field trip. We spend most of the day outside, but share a climate-controlled building on grounds that include: Boundless Playground; 40 rolling acres with nature trails; indoor swimming pool; greenhouse; fully equipped kitchen; cafetorium; gymnasium.

Dates: June 20-August 26; 8:00am-6pm
Weekly Themes: June 20-24: Around the World; June 27-July 1: Sportin' Around
July 6-8: Campers Ahoy!; July 11-15: Mystical Adventure; July 18-22: Fine Arts Fest
July 25-29: Weird Science; August 1-5: Greek Mythology; August 8-12: Time Warp
August 15-19: Carnival; August 22-26: Great Outdoors

Enrollment deadlines: Rolling enrollment, but first come-first served. $35 enrollment fee due at registration to reserve dates. Half tuition due May 13th. Balance of tuition due June 15th. June 15th is deadline to drop/change dates.

Cost: $35/camper non-refundable enrollment fee, then $45/day for campers in grades 1st-8th; $51/day for kindergarten campers.

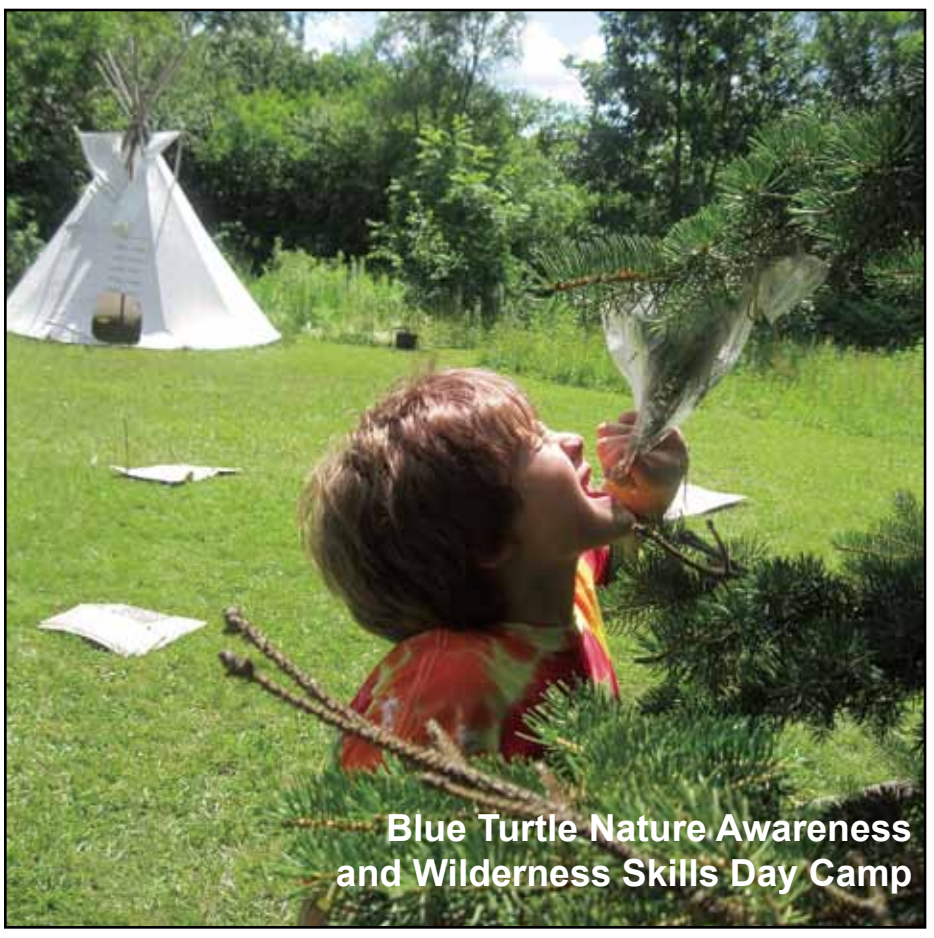
Howell Nature Center Summer Camps

www.howellnaturecenter.org; lizabethwelch@hotmail.com; 517-546-3026
Director: Dick Grant; Coordinator of Day Camp Program: Liz Welch
Contact for Parent Questions: Natalie Hassan, 517-546-0249
Howell Conference & Nature Center, 1005 Triangle Lake Road, Howell, MI 48843

Grades 1-5: Summer Day Camp offers children an unforgettable summer camping experience. Programming is a blend of traditional camping activities like Archery, Canoeing, Fishing, Hayrides, and Crafts with experiential Environmental Education programs like Skins and Skulls, Wild Wonders Wildlife Park Tours, Nature Scavenger Hunt, and fun physical activities like the Zip Line and Tower Climbing. Each of the 12 weeks of Day Camp has a different theme, and each day features two to three unique camp activities. Most days include water play or swim time and as many zany games and challenges as you can possibly pack into eight and a half hours. Once a week we feature field trips your child will love! No two days are alike, and every day is a blast!

Grades 6-8: Like its K-5 counterpart, Day Camp Extreme offers an itinerary blending only the most popular and exciting traditional camp activities with experiential Environmental Education and Challenge. We will feature activities like Archery, Canoeing, Fishing, Hayrides, Crafts, Skins & Skulls, Wild Wonders Wildlife Park tours, and Nature Scavenger Hunt programs, but they will be done in new and exciting ways to interest older campers.

Dates: June 13-September 2; Day Camps are held between 8:30am-5:00pm, Mon thru Fri – before and after time available for an extra fee.
Cost: Grades 1-5: $33 per day and $27 for additional children. Grades 6-8: $35 per day and $31 for additional children.



Howell Nature Center Summer Resident Camp

www.howellnaturecenter.org; hcnc@howellnaturecenter.org; 517-546-0249
Director: Dick Grant; Contact for Program: Ryan Grant
Contact for Parent Questions: Natalie Hassan, 517-546-0249
Howell Conference & Nature Center, 1005 Triangle Lake Road, Howell, MI 48843

Grades 2-12: The Howell Conference & Nature Center offers a variety of exciting summer time camping experiences geared for children in grades 2-12. Living and sharing in an intercultural Christian community, guided by Christian leaders, gives people of all ages and all religious denominations a unique opportunity to expand their horizons and grow in faith. The Nature Center is committed to providing a quality camping experience offering exciting challenges and loads of hands-on exploration. Your child will have plenty of opportunities for making new friends and will take part in activities that will develop a greater appreciation for our natural world.

Dates: June thru August; **Cost:** $140 and go up to $445 depending on length of stay and whether the camps do out of town travel.

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iD Tech Camps & Gaming Camps

www.internaldrive.com; info@internaldrive.com; 1-888-709-8324
Camps held at the University of Michigan

Ages 7-17: 3D Video Design, Web design, Video Editing, game Design, Robotics, Web Graphic & Digital Arts.
Dates: June 27-August 5. **Cost:** $799-$899

JUMP-IN Summer Camp

www.jump-in-products.com; info@jump-in-products.com; 810-231-9042
10400 Hamburg Rd., Hamburg, MI 48139

Camp JUMP-IN is an intensive therapy camp lead by experienced occupational therapists. Camp is designed to improve motor skills, sensory processing, social skills, and self-care skills in children with special needs. Camp is challenging while it is fun. Programs are tailored to meet individual needs. Camp has a ratio of two staff per child. Imagine how we can focus on improving each child's specific needs! It has been our experience that in these two weeks campers will make progress typically obtained in six months of standard therapy.

Campers' activities involve the use of dynamic equipment, gross motor activities, social interaction, brain gym, language, body work, and swimming. A parent is expected to stay at camp with their child and participate in activities. Parent activities may include picture taking, set-up or clean-up of an activity, and monitoring the child's arousal level. No siblings are allowed at camp.

Campers new to JUMP-IN need an evaluation from a licensed therapist or JUMP-IN. A screening evaluation at JUMP-IN prior to camp is necessary. By scheduling your evaluation early, you can begin your home program to improve the function of the nervous system to ensure that your child receives the maximum benefits from camp. We look forward to having you join us.

Dates: July 18-July 29; 9am-12pm.
Cost: $3000

Arts in Motion
Dance and Music Studio
2841 Boardwalk Dr., Ann Arbor
734-222-6246

Summer Session: 7/11-8/20
Register online at
www.artsinmotion.net

1/2 day morning camps for 4-6yrs.
Dance and Art in Me
Dance and Music in Me
1/2 day afternoon camps for 7yrs. and up
Musical Theatre
1/2 day camps for 9yrs. and up
Modern/Choreography
Ballet/Character
Chamber Music
Rock Band

Register by May 15th $10 off!

*Dance and Music lessons in the same location for your convenience
*Beginner through Pre-Professional level dance classes

Kenville Studios Summer camps

www.kenvillestudios.com; director@kenvillestudios.com; 734-302-3502
Camp Director: Colette Kenville
323 E. Hoover St., Ann Arbor, MI 48104

Complete Puppet Theatre Production: Summer Day Camp: July 11-15; Ages 6 to 12; 9:30am-4:30pm. Create your own play and then bring it to life with your own handmade puppets, costumes, set designs, and music. Invite your family and friends to the final theater production.

Creative Clay: Summer Day Camp: July 25-29; Ages 6 to 12; 9:30am-4:30pm. Explore new “ways with clay” with expert instruction and tools. Instructor taught pottery to every student at The Valley School in Flint for 18 years. +$20 material fee

Coordinated Art & Movement School: Summer Day Camp: June 20-24; Ages 6 to 12; 9:30am-4:30pm. A curriculum-based art and movement used to teach creative thinking and expression. Curriculum developed by instructor while teaching at Japhet School in Madison Heights. Each lesson is a different theme with a related art project. This activity is designed for all ages and all body types. It does not require dance knowledge. It builds self-confidence, uses problem solving, and teaches creativity and cooperation. Students learn how to move their body through space. Non-intimidating – no one can fail – and lots of fun.
Cost: $195 per week.

Kidsport - University of Michigan Physical Education

http://www.kines.umich.edu/umove/kidsport; kidsport@umich.edu; 734-764-1342
Camp Director: Kerry Winkelseth
401 Washtenaw Ave., 3064 Central Campus Recreation Building, Ann Arbor, MI 48109

KidSport offers children the opportunity to participate in a variety of games, sports, fitness and swimming activities. The activities are age and developmentally appropriate, and are developed by experts in children’s physical education. KidSport is staffed by certified teachers as well as physical education and education majors focused on providing a first-rate experience for your kids! KidSport partners with UM Camp Explorations (Museum of Natural History) and UM Outdoor Adventures for those wishing to add more variety to their day. See brochure for details.

Morning sessions (ages 4-15): daily swimming and a variety of individual and team sports, fitness and team building games and other physical activities indoors and out.
Afternoon sessions (ages 8-15): focuses on developing kids’ sports skills rather than competition.

Dates: June 20-August 12; 8am-12pm or 1pm-4pm.
Cost: $140 per am session (8am-12pm), $120 (1-4pm) per pm session. Golf is $175. Aftercare, discounts and scholarships are available.

Michigan OUTofDOORS Youth Camp

www.mucc.org; lroxberry@mucc.org; 517-346-6466
Camp Director: Liz Roxberry
Cedar Lake Outdoor Center, Chelsea, MI

full participation
ages 8 - 16
AnnArborCooks!
A School for the Epicurious
KIDS' SUMMER COOKING CAMPS
June 20-24: Baking & Pastry
June 27 - July 1: International
July 11-15: Bootcamp
July 18-22: Cooking Around the Clock
August 1-5: Vegetarian Goodies
August 8-12: All About Cake
August 15-19: American Favorites
www.AnnArborCooks.com
5060 Jackson Rd., Ann Arbor 734-645-1030

A newly developed inquiry based curriculum will allow campers to investigate the natural world around them while gaining new skills and confidence through hands on nature experience. Several camps have offsite field trips ranging from visiting the Kalamazoo Bird Sanctuary during "Eco Explorers Camp" to spending the day on the high ropes course during "Stewards in Training Camp." Enjoy fishing? Great, then jump in a canoe for our "Inland Fishing Camp" as we head off to cast a line and spend time at the Wolf Lake Hatchery. Want to learn to track a coyote or survive in the wilderness? Check out "Back to Beginnings Camp." With many options to choose from, campers will experience firsthand the wonders of the natural world we live in!

Dates: Various sessions running from June 27-August 5
Day Camp - June 27-July 1
Session 1 Residential – July 19-15; Session 2 Residential – July 17-22; Session 3 Residential – July 24-29; Session 4 Residential – July 31-August 5

Residential Camps Offered: (Ages 9-15) **Cost:** ($370-$420)
Inland Fishing (Ages 9-11); Conservation Connection (Ages 9-11); Eco-Explorers (Ages 9-11); Back to Beginnings (Ages 12-14); Big Game Hunting (Ages 12-14); Upland Bird Hunting (Ages 12-14); Stewards In Training (Ages 13-15).

Day Camps Offered: (Ages 5-8) **Cost:** $75-$85/Half Day Session
Bugs N Slugs; Outdoor Art; Mammals of Michigan; Winged Wonders.

Moonshadow Bike Camp

www.campmoonshadow.com; 734-995-4141
Camp Director: Ron Zang
Located three miles inland from Lake Michigan and two miles south of Empire, Michigan

The camp is an extension of the Rudolf Steiner School of Ann Arbor summer camp program. We offer an opportunity for children to camp, cook and bike in a beautiful natural environment. We are outside all of the time, and we stay active. We really ride our bikes (usually 20 to 40 miles a day), but do so in a way that builds confidence and strength. We always find a place to swim or hike, too. Sleeping Bear Dunes National Forest personnel are quite familiar with us. Many students come to us for their first extended experience away from home. We have a reputation for making everyone feel safe and

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Crazy Wisdom Kids ~ Summer Camp Guide

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Leslie Science Center

comfortable. Maybe it's the friendship, or the good food, or the campfires, or Lake Michigan evening swims. Camp offerings: Biking, camping, cooking, casual sports (whiffleball, badminton, soccer, swimming), bike Olympics, board games, campfires, or whatever comes to mind.

Dates: June 26-August 6. Each camp session is one week
Cost: $525. Scholarship money available.

My Urban Toddler Camp Summer Program

www.myurbantoddaler.com; info@myurbantoddler.com; 734-944-3628
7025 E. Michigan Avenue, Saline, MI 48176

Hosted in our premier facility and play space, our camps immerse tots in arts, athletics and hands-on projects. Appropriate for ages 2-5. All camp weeks will include the following: Activities such as art, games, crafts, music, etc. based on that weeks' theme; 30 minutes of movement (ex: parachute time, dance, obstacle courses, etc.; Story time and snack; Camp T-Shirt; Free play in our play space before and after camp; Theme related guest appearances! Parents must stay on premises but are invited to enjoy time in our cafe or shop while toddlers are in camp.

Dates: Monday-Thursday, 9:30am-11:30am
Week 1: Fantastic Foods June 20-23; Week 2: Little Sports! June 27-30; Week 3: Making Music July 11-14; Week 4: Knights & Princess' July 18-21; Week 5: Under The Big Top July 25-28; Week 6: Community Helpers August 22-25

Cost: $64 per week. (10% sibling or multi-camp discount is offered)

Nature Adventure Summer Camp at Leslie Science & Nature Center

www.lesliesnc.org; info@lesliesnc.org; 734-997-1553
Camp Directors: Jessie Maxwell & Amanda Lodge, 734-904-7905
Leslie Science & Nature Center, 1831 Traver Rd., Ann Arbor, MI 48105

The camps are for ages 4 years thru grade 11 and our focus is on the outdoors and environmental education. This summer, explore your world by hiking, dabbling with scientific experiments, visiting rabbits, turtles, owls, and an eagle. Discover the delicious benefits of gardening, create nature-inspired art and enjoy the summer sunshine. Follow a set of animal tracks, use binoculars to study birds, play games with new friends, build a shelter and much more. A different adventure awaits each age group from catching tadpoles and polliwogs to planning your own two-day camping trip.

Dates: Week-long camps from June 20-Sept. 1.
Cost: $96-$325. Scholarships available.

Optiminds Cognitive Camp

www.optimindsct.com; jstewart@optimindsct.com; 248-496-0150
Camp Director: Jane H. Stewart, PhD
Birmingham Covington School,1525 Covington Rd., Bloomfield Hills, MI 48301

The camp focuses on cognitive training to improve processing issues reading, math, language arts, critical thinking, problem solving, pre-learning in content subjects--social studies and science, writing creative and expository. Keep the brain in shape doing fun things so its ready for school in the fall. All programs are individualized for each student.

Dates: June 27-August 12, 9am-12pm.
Cost: Camp fees are $55/day and $220 /week. Can purchase days or weeks.

Oz's Music 2011 Summer Music Camps

www.ozmusic.com; ozmusic@ozmusic.com; 734-662-8283
Camp Director: Steve "Oz" Osburn
1920 Packard, Ann Arbor, MI 48104

Inspiring Music and art for all ages for a summer of exploration and creativity. Offerings: Rock Band, Jazz Jams, Make and Play a Dulcimer, Guitar and Bass Camp, Sing like an IDOL, Garage Band, Oz's Music Olympic Games, Singer/Songwriter Camp, School Instrument Choices, Form a Band.

Dates: June 13-Sept. 2, 9am-12pm and 1pm-4pm (with supervised lunch if both am and pm).
Cost: $200 per session. 15% discount if enrolled by May 15.

Rock Band Summer Day Camps 2011

www.rockbandschool.com; 734-665-0375
Camp Manager: Karen King, a2musictoo@yahoo.com
A2 Music Center, 312 South Ashley, Ann Arbor, MI 48104

Summer is the perfect time to grow as a musician. Our day camps provide the best ways for young musicians to get priceless experience in a band and on a stage. Each of our day camps is designed to fill a specific need for any young musician who is already studying but wants to learn and experience more. The music camps at the AAMC are led by our staff of professional musicians. Campers spend theirs days working one on one with musicians who know their craft and have abundant experience working with kids. The goal of every camp we offer is for each student to walk away a more skilled and knowledgeable musician. Camp offerings: Rock Band Basic Training, Rock Band Boot Camp, Guitar Camp, Rockin' Beats Drum Camp, Jazz Band, Tour of Duty.

Dates: June 20-July 29
Cost: $165-$429

Rocks and Robots Summer Day Camp

www.RocksAndRobots.com; camp@rocksandrobots.com; 734-645-0211
Camp Director: George Albercook, PhD (aka Dr. George), 734-645-0684
424 Little Lake Dr. #37, Ann Arbor, MI 48103
Honey Creek Community School, 1735 S. Wagner Rd, Ann Arbor, MI

We are Southeast Michigan's premier technology and adventure camp. We teach robotics, electronics, computer programming. In addition to the technology portion, we emphasis team challenges and personal challenges with group puzzle solving and rock climbing.

Dates: June 20-June 24; July 25-July 29; August 1-August 5.
Cost: $239 half day, $479 full day (typically).

Roeper Summer Day Camp

www.roeper.org; roepercamp@roeper.org; 248-203-7370
Camp Director: Lesley Righetti
41190 Woodward Avenue, Bloomfield Hills, MI 48304

Roeper Summer Day Camp was carefully developed by its founders, George and Annemarie Roeper, to provide a wonderful opportunity for children throughout the Detroit metropolitan area to enjoy a rewarding camp experience. Camp life is part of your child's total education. Through the high caliber of the counselors, we deliver a program to rich and varied that all children with special individual interests can easily respond to the environment and find fresh inspiration. Roeper Camp is dedicated to giving each child a place to feel secure, gain self-confidence and expand experiences. Roeper Camp operates on the 13-acre Bloomfield Hills campus of the Roeper School located on Woodward between Long Lake and Square Lake roads. The campus includes woodlands, a creek, an athletic field, gymnasium, two swimming pools, three playgrounds, nature trails and numerous buildings.

Daily activities include art, crafts, dance, drama, music, photography, pottery, science, swimming, field, computer, outdoor adventure, and coop games. In addition to the numerous daily activities offered, there are many special events and activities scheduled throughout the summer in coordination with weekly themes; such as a climbing wall, reptile show, magician, star lab, Velcro wall, inflatable obstacle course, and sand castle contests.

Camp Dates: June 20-August 12, 8:30am-3:30pm.
1st Session: June 20-July 1; 2nd Session: July 5-July 15; 3rd Session: July 18-July 29; 4th Session: August 1-August 12
Cost: 2 Weeks, $555; 4 Weeks, $1110; 6 Weeks, $1665; 8 Weeks, $2020 (a $200 discount is applied for campers enrolled all eight weeks). A $150 per session Enrollment Deposit is required for registration.

Song of the Morning Yoga Retreat Summer Camp

www.songofthemorning.org; office@goldenlotus.org; 989-983-4107
Camp Director: Abby Kinas
Song of the Morning Yoga Retreat Center of Excellence
9607 Sturgeon Valley Rd., East Vanderbilt, MI 49795

Jump for Joy Weekend: This weekend retreat will give for children, ages 5-12, a fun and nurturing experience in tune with the beautiful vibrations of Song of the Morning. A blend of yoga, games, crafts and activities offer a wholesome approach to their youth and a foundation of spirituality upon which they can build as they grow. Led by certified yoga instructor, Angela Harbin, who has a passion for teaching children yoga.
Dates: August 19-21. Friday 5pm thru Sunday at 2pm
Cost: $50

Eighth Annual Teen & 20s Week: Teenagers and young adults will spend eight extraordinary days engaged in awareness-raising projects, labyrinth building, videography, daily Hatha yoga, meditation and laughter. This fun retreat encourages emerging adults to embrace their true nature and unlimited potential to manifest their dreams and personal happiness as they prepare to become successful participants in the adult world. Led by Golden Lotus Yoga teacher, Frank Wheeler, and Erich Moraine, workshop facilitator, with the assistance of others.
Dates: Saturday, July 9-Saturday, July 16
Cost: $200

Summers-Knoll Summer Camp

www.summers-knoll.org; scook@summersknoll.org; 734-971-7991
Camp Director: Shan Cook
Summers-Knoll School, 2015 Manchester Road, Ann Arbor, MI 48104

Our camps are designed to pique a child's natural curiosity and sense of adventure. Children from across the area quickly form close friendships as they work, learn and play. Children love the open space for creativity and enjoyment at Summers-Knoll camps. Parents love our camps because they know their children have enriching, well-supervised and engaging experiences in a friendly and personal camp environment. Summers-Knoll campers return year after year as the camps become a highlight of their summers experience.

Themed Camps: Star Wars, Camp Half-Blood, Queen of Hearts, and King Arthur's Court. Ages 4-12, 9:30am-3:30pm.

Escape Camp: Hit the road for daily adventures, taking in the sights and sounds of our opportunity-rich region! Ages 6-12. Monday-Friday 9:00 am-3:30 pm.

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Kidsport – University of Michigan Physical Education

Dancing with the Ann Arbor Stars

Sat, May 7 at 6 pm, Barton Hills Country Club

Enjoy a night of entertainment as notable Ann Arbor "celebrities" dance their hearts out for two local non-profits who share an interest in education and environmental stewardship. Vote with your donations on the dancer(s) who charm you most!

Skip Simms VP Entrepreneurial Development Ann Arbor SPARK
Aaron Dworkin Founder & President Sphinx Organization
Gretchen Preston Founder & President Gretchen's House Child Development Centers
Sandra Greenstone Administrator Rudolf Steiner School

RUDOLF STEINER SCHOOL of ANN ARBOR
ECOLOGY CENTER

Tickets and info at **steinerschool.org**

Look for us in new places!

In response to requests from our readers and advertisers, we increased the circulation of The Crazy Wisdom Community Journal, and increased our distribution points, by 50%!

And, check out our Digital version, online at crazywisdom.net.
(The direct link is: http://cwonline.squarespace.com/cw-journal/)

The Crazy Wisdom Community Journal **-- Deep roots. Serving and celebrating the body/mind/spirit community in southeastern Michigan for 15 years. Editorial integrity. Depth of coverage. Local focus. Local writers, photographers, and illustrators. Here to stay.**

Crazy Wisdom Kids ~ Summer Camp Guide

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Action Camps: Hands-on fun with math, science, language arts and creative arts. Two groups: Ages 4-7 and 8-12. Monday-Friday 9:30 am-3:30 pm.

Dates: June 13-September 2.
Cost: Escape $231, Action $231, Themed Camps $291, Morning Care $8.50/Day or $42.50/week, After Care $16/day or $80/week.

Talking Colors Summer Art School Camp

www.talkingcolors.com; elenatef@gmail.com
Camp Director: Elena Townsend-Efimova, 734-995-5959
Rudolf Steiner School of Ann Arbor, 2230 Pontiac Trail, Ann Arbor, MI 48105

Exceptional Fine Art Classes with classical European approach for ages 6+, where parents can join the class as well. Media: watercolor, tempera, oil painting, silk painting, oil and soft pastels, ink, pencil, charcoal, clay, printmaking, mosaic.

Dates: June 20-August 22.
Cost: $200 per week (materials included).

###

Unity Church of Ann Arbor offers

practical, spiritual teachings that empower abundant and meaningful living!

Come join our youth in learning our principles:

- God is all good & active in everything, everywhere.
- I am naturally good because God's divinity is in me and in everyone.
- I create my experiences by what I choose to think, feel & believe.
- Through affirmative prayer and meditation I connect with God & bring out the good in my life.
- I do and give my best by living the Truth I know.
- I make a difference!

Youth ministry classes are taught in a loving, age appropriate environment that enhances & supports each child's spiritual development.

We look forward to you joining us!

Photograph by Marck Heisler

unity of Ann Arbor

4599 Carpenter Road
Ypsilanti, MI 48197
Call (734) 434-8545
or visit www.unitya2.org

The Crazy Wisdom Community Journal Events Calendar for Kids May through August 2011

Tea with the Fairies at Crazy Wisdom Tea Room • May 8 for Mother's Day: 1 p.m. seating • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; jerri@crazywisdom.net or crazywisdom.net.

Children's Music with Joe Reilly • May 14, 4-6 p.m. at Ann Arbor Open School or May 15, 4-6 p.m. at Detroit Waldorf School • Joe Reilly presents two Let's Go Outside cd release concerts! Inviting kids outdoors to explore nature, sing, dance, and play is at the heart of the new children's album by singer-songwriter Joe Reilly. Let's Go Outside introduces young listeners to broad themes of living in balanced and sustainable ways, causes of and solutions to global climate change, the problem of endangered species, and what comprises a community. $10 ages 13 and up, $5 ages 12 and under, $30 per family (limit 6 per family). Call Joe at 846-2848; joereillymusic@gmail.com or joereilly.org.

Ann Arbor Summer Festival: 28th Season • June 17-July 10 • The Ann Arbor Summer Festival has brought the best local, national, and international performers to enthusiastic audiences for nearly three decades. For 21 amazing summer nights, they transform Ann Arbor into a lively arts destination, a place where family, friends, neighbors, and visitors can connect and share in a celebration of artistic inspiration, creativity, and community spirit. They offer the best in music, dance, comedy, film, street arts, and family entertainment. Tickets and venues vary. For more information, call 764-2538; annarborsummerfestival.org or tickets.com.

Youth Journal Writing Workshop with Debra Williams • Second Thursday of each month, 6:30-7:30 p.m. • Journaling strategies for youth ages 10-14. Learn to free your voice and write what you have to say. $12. Call Bodyworks Healing Center at 734-416-5200; info@bodyworkshealingcenter.com.

Meditation and Markers with Jennifer Flowers-Gutman • First Thursday of each month, 6:30-7:30 p.m. • Now is the time to give your children a gift they will forever cherish. This will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw. $12. Call 734-416-5200; info@bodyworkshealingcenter.com.

Tykes at Leslie Science and Nature Center • May 4, 11, 18, 24; 1-2:30 p.m. • Tykes programs offer a wonderful mix of science and silliness for young naturalists who are 4-5 years old. Programs include time outdoors. $43. Call 997-1553; info@lesliesnc.org; www.lesliesnc.org.

Tiny Tots at Leslie Science and Nature Center • May 13, 27; 9:30-11 a.m. • Discover nature through your child's eyes. Join us for a carnival of indoor and outdoor hands-on activities that will delight toddlers and provide a wonderful introduction to the great outdoors. Visit the Critter House and meander past our Birds of Prey to spy on owls, hawks, and other raptors. Come each time for new and exciting themes. $7 per child with adult free. A caregiver is required. Call 997-1553; info@lesliesnc.org; www.lesliesnc.org.

Preschool Program: Explore with Me Workshop at Leslie Science and Nature Center • May 7, 10-11:30 a.m. • Get outdoors with your preschoolers for fun days of exploration and outdoor fun. See above description. Ages 1-5. $7 per child with adult free. Call 997-1553; info@lesliesnc.org; www.lesliesnc.org.

Frog Fest at Leslie Science and Nature Center • May 14, 7-9 p.m. • Croak, ribbit, and peep on over for our festival of frogs! Practice making frog calls before hopping on down to the pond to join the frogs as they jump and splash in the duckweed. Discover more about frogs, salamanders, and toads as we explore their different stages of development with games, activities, and observation. $8 per person or $30 per family. Call 997-1553; info@lesliesnc.org; www.lesliesnc.org.

Joe Reilly's Let's Go Outside Fundraising Concert at Leslie Science and Nature Center • June 12, 3-4:30 p.m. • Join us as we celebrate the beginning of summer and summer camp! This fundraising event features an outdoor concert by Joe Reilly, who is releasing his new children's album, Let's Go Outside. $8 per person. Call 997-1553; info@lesliesnc.org; www.lesliesnc.org.

Barb's Sewing School Summer Classes for Ages 6-14 • Classes meet 9 a.m.-Noon • Cost includes pattern and instruction. Please bring fabric and notions. For more information, call 662-6891; barb@barbssewingschoolaa.com or barbssewingschoolaa.com.
Clothes Camp • June 28-July 2 or July 12-16 • Campers make a tote bag, t-shirt, and pair of shorts. $165.
Sew Crafty • July 5-9, Aug. 2-6 • Come sew a variety of projects, including a pillow case, shorts, to-shirt, bean bag critter, and more. $165.
Dress a Doll • July 19-23 • Make a simple wardrobe for an 18" doll (doll not included). $165.
Elephants on Parade • July 26-30 • For sewers who can sew consistent seams. Make an elephant family from Carol's Zoo. $205 includes supplies.

Summer Art Classes at Fly Art Center • For more information, contact info@flyartcenter.org or flyartcenter.org.
Open Studio Experience for Ages 3 and Up • Students enjoy self-directed "free choice" time in a fully stocked art studio with support of studio staff, for the following themes:
May 6 • Sewing, Monsters, Friends
May 13 • Clay, Sculpture, Mushrooms
May 20 • Soil, Seeds, Stones
May 27 • Boats, Water, Sand
Fluffy Thread Adventures for Ages 6 and Up with Melissa Dettloff • May 21 and 28, 2-4 p.m. • In this two-part class, students draw a picture that will be embroidered onto fabric, then machine sewn into a stuffed pillow. $40.

Tote-ally Bag Time for Ages 8 and Up with Melissa Dettloff • May 14, 2-5 p.m. • Make a custom lined tote bag. $30 includes tote zine.

Rock-A-Bye Grandbaby for Infants to Pre-Crawlers with Gari Stein at Traverwood Branch Library • June 28, 2 p.m. • What better way to welcome a new grandchild than with a song? Enhance the bond, create lifelong memories, experience the joy of making music together. Dance to Mozart, shake maracas, learn tunes for daily routines, sing lullabies, share hugs, laughter, and more. Free.Call 741-1510; garistein@aol.com or little-folks-music.com.

Spring Drum and Dance Classes for Children and Teens through Tree of Life Cultural Arts Studio • Spring session through June 11 • Most classes cost $12 drop-in or $90 for nine weeks. Call Cheri at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.
Hip Hop for Kids ages 6-12 with Ziva • Mondays, 5-6 p.m. • Students will be introduced not only to the dance of hip hop, but the entire culture, which was created in the late 60's and early 70's in the Bronx, New York. Students will learn basic hip hop isolations (moving one body part at a time), top rock (footwork standing up), drops (level transitions), downrock (floor movements), freezes, and power moves (moves requiring great strength and agility). They will then learn to put these moves together and perform a basic cypher (hip hop combo) and learn to transfer these combos into fun choreography.
Tap/Jazz for Ages 6-12 with Ziva • Mondays, 4-5 p.m. • This class will expose young dancers to basic tap and jazz technique. Students will begin class with tap dance fundamentals that will help strengthen coordination and time keeping skills while we have fun learning the vocabulary of tap dance and making music with our feet! Tap and jazz shoes required.
Creative Movement for Ages 4-6 with Jeni • Mondays, 3:15-4 p.m. • This 45-minute class is a fun and age-appropriate introduction to dance fundamentals and exploration of the joy of movement. Students will explore themes using imaginative play while developing large motor and social skills. This class is an exciting way to bring the love of dance to your little one in a safe and nurturing environment.
Belly Dance for Kids Ages 6-12 with Ziva • Tuesdays, 5:30-6:30 p.m. • Students will learn a brief form of Raks Sharqi (professional form of belly dance) and Raks Beledi (folkloric form). Fun ways to stretch and strengthen the body will be learned to enable students to execute basic isolations of belly dance and then transfer these movements to fun, contemporary, age-appropriate choreography.

The Crazy Wisdom Community Journal Events Calendar for Kids continued

Dance Lab for Ages 8-12 with Jenabah and Jaclyn • Wednesdays, 4:30-6 p.m. • Get ready to have some fun in the world of dance! This class is intended for all levels of dance lovers to come together and explore even more. Students will be exposed to techniques of many different dance genres such as Broadway, Hip Hop, Ballet, and Modern with a strong focus on Jazz and African dance. $15 drop-in or $156 for twelve week session.
Hand Drumming for Kids Ages 6-12 with Sundance • Tuesdays, 4:30-5:30 p.m. • Share in the excitement of rhythms from around the globe! Learn basic hand drumming techniques as we explore the world of polyrhythm. Develop skills in teamwork, playing music, building community, and expressing oneself. Learn to improvise within the structure of traditional rhythms.
Dance and Drum Classes for Kids Ages 13+ • For complete descriptions of the Tree of Life offerings for teenagers, please see complete descriptions of mixed age listings in the Dance and Drumming sections of the Calendar.

Wild Swan Theater Performances • This professional adult troupe performs family-oriented theater. Productions are usually original scripts adapted from classic and contemporary children's literature. Tickets $10 youth/senior and $15 adult. Call 995-0530; wildswan@wildswantheater.org or wildswantheater.org.
Treasure Island for Ages 7-14 • May 13-15

Waterloo Farm Museum Weekend Tours in Grass Lake • Saturdays and Sundays, June 3-Sept. 4, 1-5 p.m. • Tour a ten-room farmhouse, log cabin, barns, blacksmith and woodworking shops, bake house, ice house, milk cellar, and windmill with knowledgeable guides in period dress. $5 adults, $2 children ages 5-12, under age 5 free. For more information, visit waterloofarmmuseum.org.

Summer Family Events at Greenfield Village and Henry Ford Museum • For cost, times, and other events, call 313-982-6001; thehenryford.org.
Family Film Festival • through May 19 • See family-friendly films on the largest IMAX screen in Michigan.
Railroaders' Breakfast • May 7 and 14, 8-9 a.m.
Mother's Day Brunch in the Ballroon • May 8
Rejuvenate: American History Educator Workshop Series • May 14, 9 a.m.-5:30 p.m.
Summer Discovery Camps • One-week sessions: June 27-Aug. 12, 9 a.m.-4 p.m.
Historic Baseball Games • Saturdays and Sundays, June 11-Aug. 7, 1:30 p.m.
Macy's 2nd Mondays • July 11, Aug. 8; 10 a.m.-Noon • Children's activities and events.
Ragtime Street Fair • July 16-17 • The largest festival of the summer with ragtime-era dancing, food, and fun.

Family Sundays at the Detroit Institute of Arts • Open Sundays 10 a.m.-5 p.m. • Take in performances, storytelling, art-making workshops, and more with family-friendly events. For more information on future dates, call 313-833-7900; dia.org/calendar.
May 1, 1-4 p.m. • Artist Demonstration: Japanese Boy's Day
May 8, 2 p.m. • Family Performance: Mr. Seley
May 15, 2 p.m. • Family Performance: Little Red Riding Hood
May 22, 2 p.m. • Family Performance: The Fisherman and His Wife
May 29, 2 p.m. • Storytelling: Chinese Stories from the Middle Kingdom

Super Saturday Storytime at Ypsilanti District Library • Saturdays, 10:30 a.m. • Stories, songs, and a simple craft for preschoolers and older children. Free. Call 482-4110; ypsilibrary.org.

Nursing Cafe at Indigo Forest • Wednesdays, 2-3 p.m. • Hang out with other breastfeeding moms and enjoy a pot of nursing tea, with professional support on-hand for questions and help. Pregnant moms also welcome. Free. Call 994-8010; visitindigo.com.

Children's Storytime at Borders • Wednesdays, 10 a.m. • Borders staff reads from picture books and books for babies and toddlers. Free. Call 997-8884.

Children's Storytime at Nicola's Bookstore • Saturdays, 11 a.m. • An experienced storyteller spins yarns for the 7 and under set. Free. Call 662-0600; nicolasbooks@gmail.com or nicolasbooks.com.

Mr. Bones Books at Barnes and Noble • Saturdays, 11 a.m. • Bookseller, teacher, and librarian, Mr. Bones selects his favorite picture books and engages the children with questions, music, crafts, and more. Free. Call 973-1618; bn.com.

Free Dinosaur Tours at Exhibit Museum of Natural History • Saturdays and Sundays, 2 p.m. • Free 30-minute docent-led tours of the dinosaur exhibits. Limited to 15 people. Free. Call 764-0478; lsa.umich.edu/exhibitmuseum.

May Children's Events at Chelsea Library • For future dates or for more information, call 475-8732; chelsea.lib.mi.us.
Legos at McKune • May 2, 3:30 p.m.
Babytime • Tuesdays, 10:30 a.m.
Toddlertime • Fridays, 10:30 a.m.
Dungeons and Dragons Weekly Gaming • Tuesdays, 4:30 p.m.
6-11 Club • May 9, 3:30 p.m.
Animanga • May 20 and 27, 3:30 p.m.
Read to Dogs • May 20, 3:30 p.m.

Mothering Arts Support Group with Center for the Childbearing Year • Mondays, 10-11:30 a.m. • This group supports moms in making a positive adjustment to the joys and challenges of motherhood. For new mothers and their babies up to six months of age. $75 for eight weeks. Call 663-1523; center4cby.com.

Mothering Arts Toddler Group with Center for the Childbearing Year • Wednesdays, 10-11:30 a.m. • If your baby can crawl, toddle or run and jump, this group is for you. There are discussion topics and play times each week. $2 per week suggested donation. Call 663-1523; center4cby.com.

Storytime through Art for Ages 5-8 with Shaqe Kalaj • Saturdays, 10-11 a.m. • Children will interact with a story as a way to be inspired through art. They will be encouraged to become storytellers. $12 per class includes supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Tween Art Meet-Up for Ages 9-12 with Shaqe Kalaj • Saturdays, 11 a.m.-12:30 p.m. • Students will explore materials, styles, and approaches to art making that will open up the imagination with possibilities - working individually and in groups. $15 per class includes supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Teen Art Meet-Up for Ages 13-18 with Shaqe Kalaj • Thursdays, 3:30-5 p.m. • For teens at any artistic level who want to explore art. Students will be working in many mediums individually and as a group, and will be encouraged to develop their own voice. For cost, call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Live Like a Yogi and Other Kids Camps for Ages 4-14 with Ema Stefanova • June-August dates available • The camps this year offer yoga and meditation through traditional stories, real life stories of yogis (history), practice, making yoga art (yantras and mandalas), meditating, concentrating, and practicing visualization. Let your child learn from a genuine tradition. Cost varies. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Stroller Strides • Mondays, 9-10 a.m. • A total body workout that moms can do with their babies and toddlers. Taught by certified instructors. First class free. For cost, call 717-8744; strollerstrides.net.

Young People's Theater Performances at Lydia Mendelssohn Theatre • Kids in preschool through 12th grade take to the stage in a variety of annual shows. The spring production is Beauty and the Beast running May 20-22. Call 222-4006; youngpeoplestheater.com.

Ann Arbor Hands-On Museum • Monday, 10-5 p.m.; Tuesday, 9-5 p.m.; Wednesday-Saturday, 10-5 p.m.; Sunday, Noon-5 p.m. • This unique collection of nearly 250 exhibits spanning four floors of hands-on fun brings physics, nature, math, music, health, technology, energy, and more to life. $9 admission, with two years and under free. Call 995-5439; aahom.org.

Great Lakes Discovery at Ann Arbor Hands-On Museum • Through May 15 • Discover shipwrecks, artifacts, and more. $7. Call 995-5439; aahom.org.

Rentschler Farm Tours in Saline • Saturdays beginning in the Spring, 11 a.m.-3 p.m. • The 1906-built frame house with Depression-era decor is called Saline's Family Farm Museum and depicts American farm life during the first half of the 20th century. Ten barns are also open to explore. Free. Call 944-0442; salinehistory.org.

Cobblestone Farm Museum • Mondays, 10 a.m.-1 p.m. • The city of Ann Arbor and Cobblestone Farm Association work together to open a window into the past at this 1844 Classic Revival farmhouse. It's home to animals and history, with special events like Living History Days and Spring on the Farm. Suggested donations: $3 for ages four and up or $7 per family. Call 794-6230; cobblestonefarm.org.

The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops and Events

MAY through AUGUST 2011

Dr. James Neuenschwander of
Bio Energy Medical Center on Page 26.

Herbalist and Cranio-sacral Therapist
Linda Feldt on Page 54.

Melissa Bryant of
Organic Bliss on Page 20.

Melisa Schuster, Psychotherapist for
the Childbearing Years, on Page 62.

Mediator Zena Zumeta on Page 36.

The Crazy Wisdom Calendar

Acupressure, Shiatsu & Reflexology

Introduction to Shiatsu with Craig Parian of Ann Arbor Institute of Massage • June 25-26, 9 a.m.-5 p.m. • This introductory course of the Japanese healing art Shiatsu, open to the public, is a system for healing and health maintenance. Originating in 2500 BC, it is still widely practiced. In class, the student will learn basic Asian philosophy, meditation guidelines, location of meridians, as well as some basic acupressure that can be integrated into other massage work. $250. Call Sara at 677-4430; smartens@aaimt.edu or aaimt.edu.

Acupressure's Lift for Your Face with Esther Morton-McCormick • May 24, 6-9 p.m. • Take in traditional Chinese medicine's approach to health, well being, and beauty. With the self-administered, gentle acupressure facelift, you preserve and restore muscle tone and circulation in the tissue of your face and neck. $29. Call Christine or Tamika at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu.

Zen Shiatsu Exercises with Cynthia Conklin • May 10, 7-9 p.m. • Learn and practice Zen Meridian Stretch exercises. Developed by shiatsu master Shizuto Masunaga, these exercises facilitate the flow of energy throughout the body and enhance the function of meridians. Meridians are pathways within the body that circulate Ki, or life force. $20. Call 417-8714; info@easternsunshiatsu.com or easternsunshiatsu.com.

Do It Yourself Shiatsu with Cynthia Conklin • June 30, 7-9 p.m. • Learn simple shiatsu techniques you can share with friends and family at home. We will focus on the back, neck, and shoulders for pain relief and deep relaxation. $20. Call 417-8714; info@easternsunshiatsu.com or easternsunshiatsu.com.

Acupuncture

Chinese Medicine in Your Life: Discover the Difference with Esther Morton-McCormick • June 14, 6-9 p.m. • Explore the Taoist philosophy, Chi Gung, acupuncture massage, eating with the five seasons, herbal tonics, and more. $19. Call Christine or Tamika at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu.

Peaceful Happy Hour with Ellen Porter • May 13, June 10, July 8, Aug. 12; 5:45-7 p.m. • Join us for an evening of relaxing ear acupuncture to melt stress away. Ear acupuncture brings us into balance and harmony, allowing the body to let go of toxins and stress. Experience the meditative, deep relaxation of acupuncture. $10. Call 845-2166; ellen@AcuThrive.org or AcuThrive.org.

Addiction & Recovery

Grief and Loss in Addiction and Recovery with Janice Firn and Matthew Statman • May 24, 7:30-9 p.m. • This program will describe theories of grief and grief recovery, losses that chemically dependent individuals and their families experience throughout the addiction and recovery processes, and how recovery program tools can help in coping with grief and loss. This free program is part of the Dawn Farm Education Series. Call Matt at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Transformation of the Culture of Recovery in America with William White • May 31, 7:30-9 p.m. • People in recovery from alcohol/other drug addiction, their families, and visionary professionals have responded to the stigma, criminalization, and lack of appropriate medical care associated with severe alcohol and other drug problems created by an unprecedented growth in new structures of recovery support. This presentation will explore recent recovery community building activities and the influence they will exert upon the future of addiction treatment and recovery in America. Free. Call Matt at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 100.

Animals & Pets

Herbal Wisdom: Herbal Allies for Pets with Linda Diane Feldt at Crazy Wisdom Community Room, sponsored by People's Food Co-op • July 28, 7-8:30 p.m. • Learn how to help keep your pets, especially dogs, healthy through holistic herbal methods. Free. To pre-register, call Caitlin at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.

Washtenaw Veterinary Hospital Open House with Dr. Turenne, Dr. Eberly, and Staff • May 14, 10 a.m.-2 p.m. • Open house includes hospital tour, pet acupuncture demonstrations, pet-friendly door prizes, fun activities for all family members, meet and greet with doctors and staff, pet health question and answer sessions, and more. To sign up for an acupuncture demo or to make a clay imprint of your pet's paw, call Dorie at 971-5800; dorie@washtenawveterinaryhospital.com or washtenawveterinaryhospital.com.

Arthritis Treatment Options for Dogs and Cats with Monica Turenne and Crystal Eberly • June 4, 1-2:30 p.m. • This workshop is for dog and cat lovers who want to know how to best support and treat their animal companions who suffer from arthritis. Includes an overview of both Western and Eastern veterinary treatment options for dogs and cats, including traditional western medications, Chinese herbs, acupuncture, diet, nutritional support, and more. Free. To register, call Dorie at 971-5800; dorie@washtenawveterinaryhospital.com or washtenawveterinaryhospital.com.

Heartworm Disease Prevention in Dogs and Cats with Monica Turenne and Crystal Eberly • July 16, 1-2:30 p.m. • Everything you've always wanted to know about heartworm disease testing, transmission, symptoms, and prevention in dogs and cats. Learn how to protect your beloved animal companions from this dangerous disease. Free. To register, call Dorie at 971-5800; dorie@washtenawveterinaryhospital.com or washtenawveterinaryhospital.com.

Exploring Intuitive Communication with Our Animal Friends with Betsy Adams • June 25, Noon-3 p.m. • Did you ever wonder what your pet is really thinking, or how to connect on a deeper level with your companion? Betsy will provide you with exercises to raise your intuition when communicating with animals and bring a sense of wonder of the animal psyche and your innate ability to connect with this psyche. Bring a photo of your animal friend and a journal to class. $39. Call Tamika or Christine at 677-6050; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Anthroposophical Medicine

Intensive Health Retreat with Quentin McMullen and Molly McMullen-Laird of Rudolf Steiner Health Center • May 9-21 • This retreat is designed for ambulatory individuals with chronic illnesses or anyone seeking a restorative regimen. A unique feature of the therapeutic sessions is the availability of anthroposophical therapies: therapeutic eurythmy, speech formation, art therapy, color-light, music, rhythmical massage, therapeutic baths, and nursing treatments. Cost is variable. Call 663-4365; rshc@steinerhealth.org or steinerhealth.org.

Aromatherapy & Essential Oils

Essential Oils with Jennifer Beard • July 19, 6-8 p.m. • Learn different techniques of using oils and what an impact they can make to your well-being, both medicinally and spiritually. $30. Call 734-216-5200; info@bodyworkshealingcenter.com.

Medicinal Essential Oils with Jennifer Beard • Aug. 9, 7-8:30 p.m. • Many oils have specific actions such as cleansing, disinfectant or antibacterial. We will discuss the many ways they can be used in first aid, for aches and pain, for cold and sinus relief, and much more. $20. Call 734-216-5200; info@bodyworkshealingcenter.com.

Learn to Make Infused Herbal Oils with Nia-Avelina Aguirre • July 16, Noon-2 p.m. • You will learn how to make organic infused herbal oils for food uses, massage, and cosmetic purposes. $55 includes take home samples. Call 883-7513; niaaguirre@aol.com.

Essential Oils Series with Nia-Avelina Aguirre • $55 each or $150 for all three includes handouts, samples, and/or personal blends. Call 883-7513; niaaguirre@aol.com.
Introduction to Essential Oils • June 1 or Aug. 2, 6:30-8:30 p.m.
Using Food Grade Essential Oils • June 8 or Aug. 9, 6:30-8:30 p.m.
Topical Uses of Essential Oils • June 15 or Aug. 16, 6:30-8:30 p.m.

Artwork by Sara Van Zandt

Art & Craft

Explore the Tao through Watercolor with Susan Bloye • Tuesdays, May 10-June 21 • In a safe, non-judgmental atmosphere, further develop your artistic style through an exploration of more watercolor techniques, related readings, and coming into contact with our centered internal wisdom. Participate in creative and fun painting exercises and nurture your soul. $125. Call Christine or Tamika at 677-5060; lifelong-learning@wcc.net or wccnet.edu/lifelong-learning.

Color and Your Personality with Shaqe Kalaj • Many dates offered • Learn about the color spectrum and what two colors predominate in you. This is a practical application and understanding of yourself through colors. $50 includes supplies. For dates and times, call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Creative Release Workshop with Shaqe Kalaj • Many dates offered • Find creative release that changes your perspective and heals through art making. We'll use words, color, and art history to formulate abstractions, drawings, and the human figure. All levels welcome. $50 includes supplies. For dates and times, call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Intuitive Painting with Shaqe Kalaj • Wednesdays: May 11-July 6 or July 13-Sept. 7, 6-9:30 p.m. • Explore your inner world through painting and the power of intuition. This workshop is divided into three parts: our beginning - birth, our animal instincts, and the goddess within. $220 includes supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Be a Fearless Creator with Shaqe Kalaj • Thursdays: May 26-July 14 or July 21-Sept. 8, 7-9 p.m. • A workshop for writers, visual artists, musicians, dancers, and any would-be creators. Learn about the steps of the creative process and how to heighten creativity and move through blocks. $195 includes book and coaching. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Open and Guided Night/Drop-In with Shaqe Kalaj • Second and Fourth Tuesdays of the month, 6-9 p.m. • The intention of this bi-weekly class is to allow for individual development and guidance with an existing work of art. $25 per class. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Experimental Night/Drop-In with Shaqe Kalaj • First and Third Tuesdays of the month, 7-8:30 p.m. • A drop-in class where experimentation with materials, styles, concepts, and approaches opens a new vehicle of expression for the seasoned artist and the amateur through individual and group work. $16 per class includes supplies. Call 734-420-0775; imshacha@me.com or artandideasgallery.com.

Astrology

The Nodes and Transits with Pat Perkins sponsored by Southeastern Michigan Astrologers' Round Table • May 22, 2-4:30 p.m. • The nodes are a key to unlocking the meaning of our charts. When they transit our natal planets and nodes, they have a significant impact on our lives and indicate a time to sit up and listen. The events and situations set up by these transits attempt to return us to the path of fulfilling the lessons indicated by our natal nodes. $14 with member discount available. Call Pam at 788-0186; smartmich2010@gmail.com.

The Composite Chart with Nancy Bahlman sponsored by SMART • June 19, 2-4:30 p.m. • Through studying the composite chart of a relationship, we gain important insights into the dynamics of a couple. The composite chart is the chart of the relationship itself. It is derived by determining the mathematical midpoints between each chart. $14 with member discount available. Call Pam at 788-0186; smartmich2010@gmail.com.

Auras

Live Aura Video Readings to Regain Balance in Your Power with Jose Ortiz • July 9, 11 a.m.-7 p.m. • This is a live experience of seeing the flow of vivid life energy in the human energy field (aura). The reading will show you the flow of your life energy and where it supports a healthy body, and where it is out of balance due to a power loss. Stress will influence your health and personal energy field, the soul. $35 for 30 minutes. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Author Events

Booksigning and Talk with Craig Toepfer, author of *The Hybrid Electric Home: Clean, Efficient, Profitable* • May 4, 7 p.m. at Crazy Wisdom Tea Room • For more information on this event, please see the What's New in the Community Column, page 10. Free. Call Rachel at 665-2757; rachel@crazywisdom.net or crazywisdom.net.

Booksigning with Patricia Fero, author of *Sacred Marching Orders: Igniting the Solar Feminine at the Dawn of a New Age* • May 29, Noon at Crazy Wisdom Tea Room • Free. For more information, contact pat_fero@yahoo.com or patriciafero.com.

***Turtle Hope* Booksigning with Author Jennifer Poineau Brown • May 14, Noon-2:30** • Read one woman's five-year inspirational memoir encompassing a roller coaster of personal growth while battling her quest to become pregnant. The author looks forward to sharing her experience, especially to people experiencing infertility and the people who love them, women's health educators, fellow nurses or those looking for spiritual inspiration. Free. Call 810-231-1918; turtlehope@hotmail.com or 800publishing.com.

Meet the Author Discussion and Signing Evenings at Nicola's Books • Free. For more information, call Nicola Rooney at 662-0600; nicolasbooks@tds.net or nicolasbooks.com.

May 6, 6 p.m. • Neal Shusterman, author of *Everfound*, concluding volume of the Skinjacker Trilogy
May 10, 7 p.m. • Jane Bradley, author of *You Believers*
May 12, 7 p.m. • Amanda Hodgkinson, author of *22 Britannia Road*
May 17, 7 p.m. • Karl Marlantes, *Matterhorn: A Novel of the Vietnam War*
June 6, 7 p.m. • Mary Doria Russell, author of *Doc*
June 9, 7 p.m. • Thomas Foster, author of *Twenty-five Books that Shaped America: How White Whales, Green Lights, and Restless Spirits Forged Our National Identity*
June 16, 7 p.m. • Danielle Sosin, author of *The Long-Shining Waters*
June 23, 7 p.m. • Alan Furst, author of *Spies of the Balkans*
July 21, 7 p.m. • Scott Sparling, author of *Wire to Wire*
July 26, 7 p.m. • Jacqueline Carey, author of *Naamah's Blessing*

Bodywork

Transformational Bodywork Demo and Entrainment Journey with Shawn Michael Hoga • May 22, 2-4:30 p.m. at Crazy Wisdom Community Room • An open house format with question and answer to better understand the transformation potential of Network Spinal Analysis for physical, mental, and spiritual struggles. Live entrainments will be performed and all are welcome. Free. Call 883-7032; triumphnetworkstudio@gmail.com or triumphnetworkstudio.com.

Pain-Free Living Series with Ann-Margaret Giovino at Arbor Farms Market • Free. Call 276-7769; ann-margaret@gymgiovino.com or gymgiovino.com.
Sore Feet, Fallen Arches, Toe Problems? Restore Your Feet's Function and Flexibility • May 25, 10:30 a.m. or 7 p.m.
Weak Ankles? Learn How to Make Them Strong • June 22, 10:30 a.m. or 7 p.m.
Reversing the Cycle of Knee Pain and Injury • July 27, 10:30 a.m. or 7 p.m.
Hip Pain or Hip Replacement? Restore Your Hips without Surgery • Aug. 24, 10:30 a.m. or 7 p.m.

The Crazy Wisdom Calendar

Bodywork (continued)

Small Group Alexander Technique Body and Mind Classes with Kathy Moore • Tuesdays, 12:30-1:30 p.m. or 7:15-8:15 p.m. starting June 22 • The Alexander Technique is a learning process of improving self-awareness and ease in movement and thought that offers lasting help for troubled body joints and muscles, including back, neck, knee, hip, jaw, breathing, and speaking/singing voice. $150-$200 for five classes. Call 668-8146; kathy@kathymoorevoice.com or kathymoorevoice.com.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • Once per month on Fridays, 7 p.m. at Crazy Wisdom Community Room • Each month, a different book is chosen for reading and discussion. All are welcome. If you're interested in the topic, it's really fine to come to the book discussion even if you haven't read the book! Purchase the book in advance of the discussion, or within a month after, and receive 30% off. Free. For more information, call 665-2757; information@crazywisdom.net or crazywisdom.net.

May 13 • *Twelve Steps to a Compassionate Life* by Karen Armstrong, hosted by Bill Zirinsky • "One of the most original thinkers on the role of religion in the modern world, author of such acclaimed books as *A History of God, Islam, and Buddha*, Armstrong believes that while compassion is intrinsic in all human beings, each of us needs to work diligently to cultivate and expand our capacity for compassion."

June 17 • *The Mandala of Being: Discovering the Power of Awareness* by Richard Moss, MD, hosted by Rachel Pastiva • "This book shows us why and how we habitually obstruct our innate potential for what Moss calls 'radical aliveness', a life of authenticity, overflowing energy, and joy."

July 8 • *Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World* by Bill Plotkin, hosted by Jerri Dodge • "Of all life's journeys, those that never fail to lead us back to our own soul are those in which we immerse ourselves in nature. This book is an explanation, a guidebook, an instruction manual and an encouragement for this process. A discussion of the connection between soul and nature."

Aug. 19 • *A Discovery of Witches* by Deborah Harkness, hosted by Carol Karr • "A richly inventive novel about a centuries-old vampire, a spellbound witch, and the mysterious manuscript that draws them together."

Jewel Heart Readers • May 10, June 14, July 12; 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Breathwork

Transformational Breathwork Drop-In Sessions with Frank Levey • Tuesdays: 9:30-11 a.m. or 7-8:30 p.m. • Transformational Breathwork is a powerful self healing process that supports participants in opening restricted breathing patterns caused by physical, mental, and emotional trauma. Each session is designed to gracefully work with the body's natural breathing apparatus, at the participant's own pace, to provide a knowing of deep connection and well being. $15-$25 sliding scale. Call 657-8742; frank@awakenedbreath.net or awakenedbreath.net.

Transformational Breath for Meditators with Lisa Zucker and Frank Levey • June 9, 16, 23, and 30; 7-9 p.m. • In this series of four classes, there will be facilitated breath sessions of 40 minutes or more, along with full integration and periods of silent meditation in each class. Presentation of comprehensive introduction to the breath work at the first class. Transformational Breath is a self-healing modality that can free up old, stuck, negative emotional patterns, potentially resulting in greater integration of mind, body, and spirit; more joy and peace in daily life; and increased clarity and focus in meditation. $28 building fee with opportunity to offer donation to teachers. Call Lisa at 662-7793 or Frank at 975-4448; info@deepspring.org or deepspring.org.

Group Breath Session with Dave and Pat Krajovic • May 13, 6:30-8 p.m. or June 13, 7-8:30 p.m. • This class is for experienced breathers who want to deepen the benefits of conscious breathing by developing a consistent breath practice. The workshop will consist of intention setting, a facilitated breath session, and sharing and integration. You must have previously attended at least three Transformational Breathing Introductory workshops. $25. Call 734-416-5200; inspire@globalbreathinstitute.com.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • June 6, 6:30-9 p.m. or Aug. 7, 10 a.m.-12:30 p.m. • Learn what the breath can do for you, not just to restore health but to bring a renewed sense of vitality, optimism, and joy to your life. Soothe your soul and free your spirit. $55. Call 734-416-5200; inspire@globalbreathinstitute.com.

Outdoor Group Breath Session: Earth Elemental Breathe with Pat and Dave Krajovic • Aug. 3, 7-8:30 p.m. • This session for experienced breathers is designed to ground and connect not only to Mother Earth, but to the four directions of earth, air, fire, and water. You must have previously attended three Introductory Workshops. $25. Call 734-416-5200; inspire@globalbreathinstitute.com.

Buddhism

Crazy Wisdom Salon Series: An Evening with Buddhist Scholar Donald Lopez • Thursday, May 12, 7 p.m. at Crazy Wisdom Tea Room • Donald Lopez will be talking about his new book, *The Tibetan Book of the Dead: A Biography*, and fielding questions and comments. Lopez, one of the nation's leading scholars of Buddhism, teaches at the University of Michigan. He is the Arthur E. Link Distinguished University Professor of Buddhist and Tibetan Studies and currently serves as faculty chair of the Department of Asian Languages and Culture. Free. For more information, call 665-2757; bill@crazywisdom.net or crazywisdom.net.

Meditation Sessions at Jewel Heart • Sundays, May 1-Aug. 21; 8:45-9:45 a.m. • Help yourself through meditation. Facilitators will provide basic guidance with multiple concentration meditation sessions using the breath as a point of focus. Open to all levels of experience. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

> Though force can protect in emergency, only justice, fairness, consideration and cooperation can finally lead men to the dawn of eternal peace.
>
> - Dwight D. Eisenhower

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays, May 1-Aug. 21; 8:45-9:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Sunday Morning Talks with Gelek Rimpoche or Jewel Heart Instructors • Sundays, 10-11 a.m. Talk and 11-11:30 a.m. Cookies • Join us for a taste of Buddhism through introductory talks on contemporary issues followed by tea and cookies or brunch. May 1: Pride as Obstacle. May 8: Mother's Love. May 15: Purification and Accumulation. May 22: Finding the Joy Within with Gelek Rimpoche. May 29: Why Meditate? June 5: Love Fearlessly. June 12: Morality Today. June 19: Key to Self-Compassion. June 26: Intelligent Faith. July 3: Liberating Habits. July 10: Three Kinds of Generosity. July 17: A Meaningful Life. July 24: The 4 Noble Truths. July 31: Utilizing Daily Life as Practice. Aug. 7: Love in Balance. Aug. 14: Anger and Patience. Aug. 21: Be Happy, Now. Open to all. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Creating Space: Clarity and Insight through Meditation with Jewel Heart Instructors • May 26, June 2, 9, 16, 23, 30, July 7, 14; 7-8:30 p.m. • Meditation provides us with a clear, stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using breath, posture, and techniques for coping with distractions and laxity of mind. $80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

GOM Practice Weekend with Jewel Heart Instructors • Aug. 5-7: Friday 7-9 p.m., Saturday 9 a.m.-8:30 p.m., Sunday 9 a.m.-6 p.m. • GOM, or concentrated meditation, is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This meditation weekend intensive, offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Silence will be maintained between sessions. Practice sessions will include sitting and walking meditations. Instructors available for assistance. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Odyssey to Freedom: Section 2 (continued) and Section 3 with Jewel Heart Instructors • May 4, 18, June 1, 15, 29, July 6, 13, 20, 27; 7-8:30 p.m. • Gelek Rimpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from our current situation, as it is, through to full enlightenment. $80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Two Sunday Services at the Zen Buddhist Temple • 10-11:30 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, a short talk, and a question and answer session. You can sit on a mat and cushion or on a chair. Everyone welcome. By donation. Call 761-6520; annarbor@zenbuddhisttemple.org.

Visitor's Program and Residential Opportunities at the Zen Buddhist Temple • Available throughout the year • This program is for people who want to spend some time living in the Temple to cultivate their practice. They follow the schedule and participate in Temple programs in the mornings and/or evenings. The program is geared to personal needs and wishes. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple director is necessary. For cost, call 761-6520; annarbor@zenbuddhisttemple.org.

Introductory Zen Meditation Course at the Zen Buddhist Temple • Five Thursdays starting May 26 and July 14; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 unwaged. Call 761-6520; annarbor@zenbuddhisttemple.org.

Overnight Introductory Meditation Course at the Zen Buddhist Temple • July 15, 7 p.m. to July 16, Noon • This format is primarily for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160 includes accommodation and breakfast. Call 761-6520; annarbor@zenbuddhisttemple.org.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • May 7 and Aug. 13, 9-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, rest, and some discussion - an interval of deepening, of slowing down, silence, and mindfulness. $60 includes vegetarian lunch. Call 761-6520; annarbor@zenbuddhisttemple.org.

Liberation of Life Service and Sangha Potluck Picnic with Zen Buddhist Temple • June 25 • The Liberation of Life Service (10-11:30 a.m.) is held each year to remind us of our kinship with all beings. It will be followed by cooperative games and a vegetarian potluck in the Temple garden. Call 761-6520; annarbor@zenbuddhisttemple.org.

Annual Summer Lecture Series/Panel Discussion at Zen Buddhist Temple • 7:30 p.m. • $10 suggested donation. Call 761-6520; annarbor@zenbuddhisttemple.org.
July 12 • Buddhism and Family Life
July 19 • Buddhism and Teaching
July 26 • Buddhism and Technology

Ullambana Day Service at Zen Buddhist Temple • Aug. 14, 11:30 a.m. • Rites and service for the dead to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation appointment necessary. For cost, call 761-6520; annarbor@zenbuddhisttemple.org.

Ceremonies, Celebrations & Festivals

Buddha's Birthday: A Celebration for the Whole Family at Zen Buddhist Temple • May 14-15 (2555 B.E.) • Everyone is welcome to join us for part or all of this most festive Buddhist holiday. Call 761-6520; annarbor@zenbuddhisttemple.org.
May 14 • 2:30 p.m. Ninth Annual Poetry Event
6 p.m. • Vegetarian Entrees and Dessert Buffet followed by music and entertainment. $6 students/seniors, $12 adults, $30 families.
May 15 • 10 a.m. Buddhist Religious Service including dharma talk, bathing the baby buddha, and contemplation of human life. Simultaneously, there will be a Children's Service and lantern dedications.
11:30 a.m. • Peace and Happiness Street Parade
1 p.m. • "The Economics of Happiness" Film
3 p.m. • Introduction to Meditation: All welcome to this talk and demonstration.
7:30 p.m. • Lotus Lantern Lighting and Chanting Service: The lighting of beautiful flower lanterns, a unique Korean tradition, ends the observance in a serene and lovely way. The service includes readings from scriptures and dedication of the lanterns.

Sunday Service at Interfaith Center for Spiritual Growth • Sundays, 10:45 a.m.-12:30 p.m. • The Interfaith Center for Spiritual Growth is a gathering of spiritual seekers that meets in its own building every Sunday to celebrate oneness with all beings, experience the power of group meditation, benefit from enlightening readings, enjoy guest musicians, and listen to talks that inspire and stimulate spiritual growth and understanding. There is a children's spiritual education program during the service each week and a monthly potluck following the service on the first Sunday of the month. Free with donations welcome. Call Dave Bell at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

A Light Fair with Brighton Natural Wellness Center • May 28, June 25, July 23, Aug. 27; 10 a.m.-6 p.m. • Free lectures, a host of talented healers, vendors, and readers come together to share with the community. Free. Call Jude at 810-599-8855; jude@brightonwellness.org or brightonwellness.org.

Channeling

Evenings with Aaron with Barbara Brodsky and Aaron • May 25, 7:30-9:30 p.m. • All are welcome! No experience or registration necessary. An open session with Aaron and Barbara. Aaron gives a talk, followed by a short social break; he will then answer questions. By donation. Call Deep Spring at 477-5848; om@deepspring.org or deepspring.org.

Come visit
John of God
at his Healing Center
in Abadiânia, Brazil

with official Casa guides:

July 30 - Aug 14, 2011 - with John Orr
January 15 - 30, 2012 - with Barbara Brodsky

www.CosmicHealingMeditation.com

Contact: John Orr: John@vipassanaHealing.com
Barbara Brodsky: Barbara@vipassanaHealing.com

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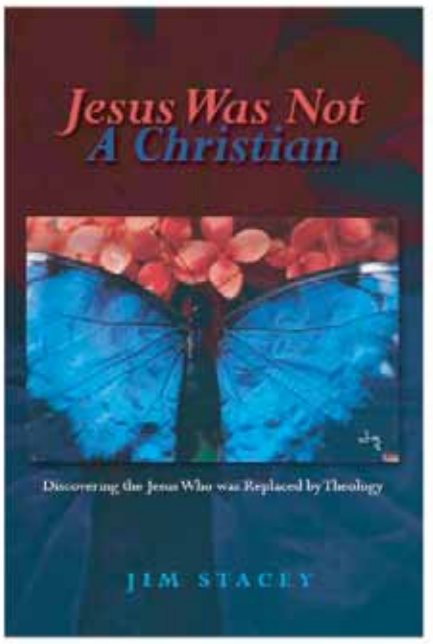

JESUS WAS NOT A CHRISTIAN

by Jim Stacey
Ordained Christian Minister

Available NOW on Amazon.com

with 5 star reviews!

Jesus Was Not A Christian, by Jim Stacey is a must-read for anyone who has felt wounded or betrayed by evangelical Christianity--or anyone who would like to explore the deeper roots of traditional Christian mythology. Jim's uncanny grasp of Aramaic, the language spoken by Jesus, profoundly transforms the four gospels, resulting in a both a revelation and a revolution. The revelation occurs when we are able to penetrate theological obfuscations and capture the freshness and vitality of the original words of Jesus. The invariable byproduct is then a revolution in our thinking about Jesus and his mission--and about ourselves. In revealing the Aramaic Jesus, Jim has taken us not only to the crux of Jesus' message, but the the core of our being which the Aramaic Jesus reveres and seeks to liberate from dogma, hierarchy, and institutionalized patriarchy. Once you experience Jesus Was Not A Christian, you will never again be content with the theological Jesus because you will have discovered Jesus the man and spiritual teacher, and perhaps, another dimension of your own soul.

Jim Stacey | 734.635.0453 | www.thedivineiswithinus.com

The Crazy Wisdom Calendar

Channeling (continued)

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta channels information from spirit about changes we experience as we move along our spiritual path, and current trends and issues that affect us. Often there is time for questions and answers with the guides. Bring a dish to share. $10 suggested donation. Call Evan at 248-437-7466; kzarley@att.net or karltazarley.com.

Chant

Ann Arbor Kirtan • May 20, June 10, July 15, Aug. 19; 7:30-9:30 p.m. • Come join us for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. $5-$10 suggested donation. Call Karen at 645-8904; krlevin@comcast.net or kirtanannarbor.org.

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for an evening of Siddha Yoga meditation and chanting. No charge for programs. Call 747-7116; symcannarbor@gmail.com.

Childbirth

Belly Time: Restoring Magic, Wisdom, and Joy to the Experience of Pregnancy with Sierra Hillebrand • Ongoing alternate Wednesdays, 6:30-8:30 p.m. • A well-supported pregnancy can lay the foundation for years of healthy living and mothering to come. This unique psychotherapy group offers opportunities for sharing, celebration, and self reflection within a supportive and nurturing environment. Thus, pregnant women are guided in developing the deep wisdom and instinct necessary for clear decision-making, and essential to maintaining health, joy, and ease during pregnancy and beyond. $45 per session. Call 276-4052; sierrahillebrand@gmail.com.

Birth and the First Three Months with Deb Rhizal • Six Thursdays starting May 5, June 16, and Aug. 25; 6:45-9:15 p.m. • Comprehensive childbirth class emphasizing the impact of birth and postpartum on the well being of baby, parents, and family. Facilitates family vision and practical preparation and emphasizes newborn physiology, bonding, and development. $235. Call 926-5566; contact@debrhizal.com or pregnancy-arts.com.

Breastfeeding Support, Information, and Education with La Leche League of Ann Arbor • Third Wednesday of each month, 10 a.m.-Noon • La Leche League offers a time to connect with other breastfeeding moms, help with breastfeeding concerns, and a place to get your questions answered. We welcome all breastfeeding moms, pregnant moms, and other women interested in breastfeeding as well as infants and children to our meetings. Free. Call Vera Davis at 332-0412; vera@davisfarm.com or lllaa.org.

Childbirth Preparation: Everything You Need to Know with Center for the Childbearing Year • Seven Tuesdays: May 3-June 14 or Seven Wednesdays: July 6-Aug. 17; 6:30-8:45 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, alternatives to drugs, cesarean prevention, and the baby's needs. $240 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Childbirth Preparation: Focus on Labor and Birth - Condensed Series with Center for the Childbearing Year • June 4 and 11, 9:30 a.m.-1 p.m. • The two-session condensed series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques and comfort measures, and the postpartum recovery period. $170 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Negotiating the Medical Setting: What Parents Need to Know about Epidurals, Cesareans, Birth Plans, and Informed Consent with Center for the Childbearing Year • June 18, 9:30 a.m.-1 p.m. • The title says it all. This class is designed to be an optional third class to accompany our Condensed Series of Childbirth Preparation classes for parents who want a comprehensive preparation in a weekend class format. $75 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Newborn Care 101 with Center for the Childbearing Year • May 21 or Aug. 27, 12:30-5 p.m., or July 12 and 19, 6:30-8:30 p.m. • As parents, we are all figuring it out as we go along. Trial and error will definitely be a learning strategy as you get to know your baby. We will try to limit the "error" part of trial and error by sharing practical insights and identifying supportive resources. We discuss how to hold a newborn, the sensory capacities of a newborn, the "stuff" that's necessary, as well as diapering, bathing, and calming the baby. $65 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • May 7 or Aug. 6, 12:30-5 p.m., or June 8 and 15, 6:30-8:45 p.m. • We want to help your breastfeeding experience be satisfying, joyful, and pain-free! This class prepares the mother-to-be for a successful breastfeeding experience. Topics include latching and positioning the baby, overcoming common obstacles, learning your baby's hunger cues, and more. $65 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Birth Doula Workshop with Patty Brennan through Center for the Childbearing Year • June 25-26 or Aug. 20-21, 8:30-6 each day • Are you interested in a career working with moms and babies? Become a professional Birth Doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be in a support role for other moms. Class leads to professional certification through DONA International. $385 with advanced discounts available. Call 663-1523, patty@center4cby.com or center4cby.com.

Introduction to Childbirth for Doulas with Patty Brennan through Center for the Childbearing Year • June 24 or Aug. 19, 10-6:30 p.m. • Want to become a doula and wondering where to start? Get grounded in the basics of childbirth education. Learn how to facilitate informed decision making for your clients with up-to-date information on the benefits, risks, and alternatives to medical interventions in the birth process and with the newborn. Topics include anatomy and physiology of pregnancy, labor, birth, nutrition, and more. $125 with early registration discount available. Call 663-1523, patty@center4cby.com or center4cby.com.

Children & Young Adults

Listings for children are found in the **CW Kids** *Section of this Journal, devoted to events and classes for children, young adults, and families! See page 73.*

Christian Mysticism

Meditation and Mysticism with Ann Arbor Center of Light • Sundays, May 1-Aug. 26; 12:30-2 p.m. • This six-week introductory course is designed for modern-day mystics. Classes include teachings on the inner spiritual path, meditation, soul, light, prayer, and blessing. Time is spent teaching the principles of meditation that will allow you to move deeper than the body, beyond thinking and emotions, and into the reality of God's peace and presence within. Free. Call Cynthia Shepard at 905-7511; revcynthia@centersoflight.org or centersoflight.org/annarbor.

Regeneration in the Light of Christ with Ann Arbor Center of Light • May 13, 7:30 p.m. • Light is a natural preservative, cleaning all toxins and wastes out of the body, bringing the body into its natural state of balance and health. The light of the sun is the source of all life on earth, just as the light inside you is the source of all life in your body. The origin of this light is something we call the Christ or cosmic consciousness. $25 suggested donation. Bring a friend for free! Call Selena Lucas at 905-7511; revselena@centersoflight.org or centersoflight.org/annarbor.

I Want to Give You the Light with Father Peter Bowes with Ann Arbor Center of Light • May 12, 7:30 p.m. • Jesus said, "You are the light of the world." But what does that really mean? Where is the light inside you and how do you find it? There is a way and those who have gone on the path of light before you know the way. You will gain a clear understanding of how to find the light and accept the love that comes with it. $25 suggested donation. Bring a friend for free! Call Selena Lucas at 905-7511; revselena@centersoflight.org or centersoflight.org/annarbor.

Light is the Solution with Ann Arbor Center of Light • May 14, 10 a.m.-2 p.m. • When you enter a dark room, the first thing you do is turn on the light. That is exactly what God does when you invite consciousness to enter the rooms of your heart and mind. The light goes on and you see what needs cleaning up. You will learn how to strongly invite presence and peace into your experience of seeing what isn't right in you, how to change it, and sustain a new pattern of awareness much clearer than you've known before. $40 suggested donation includes lunch. Bring a friend for free! Call Selena Lucas at 905-7511; revselena@centersoflight.org or centersoflight.org/annarbor.

Chronic Illness/Chronic Pain

A Healthy Way to be Sick: Internet Radio Show with Marc Lerner • May 3-June 28, 2-3 p.m. • Marc Lerner will teach an experiential technique each week that will develop the life skills needed to realize a healthy way to be sick. There will be special guests, like Bernie Siegel, to share a broader perspective on the patient's role in healing. Visit WorldTalkRadio.com. Free. Call 913-0868; marclerner@att.net or ahealthywaytobesick.org.

‘Feeling into the World’ with Shiatsu

By Cynthia Conklin

Shiatsu is a Japanese body-healing therapy that works with ancient Chinese medical understanding. It is Japan’s systemization and refinement of ancient Chinese healing principles. The word itself means simply “finger pressure.”

When I moved to Ann Arbor 31 years ago to work with communities on alternative energy and natural resource preservation, I had never heard of shiatsu. I first encountered the therapy when I met Sensei [teacher] Kazuko Kuratomi. My response to her work when I experienced it was profound and transformative. I started “feeling into the world” from the center of my belly (hara) — it is an open, spacious, yet grounded sense of being.

> “Shiatsu is also beneficial in treating the symptoms of many common diseases. Consistent work with AIDS and cancer survivors, for example, helps them build much-needed vitality.”

Alternative health and healing became my hobby in the early 80s, while I worked around the country for 17 years on alternative energy and resource preservation. I became a partner in Resource Recycling Systems, Inc., of Ann Arbor, and also volunteered nationally to help develop a unified U.S. recycling policy.

During this time, I trained in massage with Irene Gauthier (now of Irene's Myomassology Institute in Southfield), when she still worked out of her basement, and also studied Touch for Health. I sought out many wonderful local healers, including a brilliant and outrageous women's healing group, where we experimented with and on each other.

After a bout with chemo and radiation therapies, however, I decided to make my longtime hobby a career. To that end, I began an excellent apprenticeship with local shiatsu teacher Frances Farmer. Then she sent me on to the Ohashiatsu School, headquartered in New York City, founded by Sensei Wataru Ohashi.

Shiatsu moves within a system of meridians, or energy rivers, in the body. The meridians contain tsubos, or points: potent entryways into the healing currents of these rivers.

In Kazuko Kuratomi’s classes, we learned meridian locations without charts, which demanded that we feel them through our own bodies. She calls her work “Shindo,” which is Japanese for “guidance from the heart.” Sensei Kazuko says the force of gravity is synonymous with affection, which is how her work felt to me. Her method is based on the work of Shizuto Masunaga, the great Japanese shiatsu teacher and psychologist, whose work I've come to admire.

When I was ready to start my own practice in late 2000, Jay Sandweiss, D.O., invited me to establish it on the second floor of his Fourth Avenue office building in downtown Ann Arbor. Dr. Jay has been generous in his support of my practice, Eastern Sun Shiatsu, referring clients and supporting improvements to beautify my practice space.

During my treatments, the client wears loose clothing and lies on a futon on the floor. I hold, stretch, sedate, and nourish the meridians and tsubos. Energy begins to circulate to ease pain, relieve tension, and promote relaxation. Movement is fluid, natural, relaxed, and continuous.

Shiatsu brings harmony to the life energy within the body. It is both practical and metaphysical (beyond the physical). Shiatsu treatments and exercises not only correct problems, but also prevent imbalances from manifesting in the first place.

Most of the people who come to me are looking to rid themselves of excess tension in the neck, shoulders, and back—the bane of modern life. Shiatsu works wonders for these everyday issues. People leave my sessions feeling open and relaxed.

Shiatsu is also beneficial in treating the symptoms of many common diseases. Consistent work with AIDS and cancer survivors, for example, helps them build much-needed vitality. The treatments can also be life-transforming: one client, who suffered with advanced ALS (amyotrophic lateral sclerosis or Lou Gehrig’s Disease), was deeply moved because he could actually “feel” energy flowing in his body.

I love shiatsu for its depth, especially its use of the Chinese Five-Element Theory, in which it is not necessary to name or classify diseases. Instead, shiatsu focuses on the five elements of water, wood, fire, earth, and metal, which are the flavors of *ki* (life force energy). These elements are an elaboration of yin and yang, which compose all of relative nature. Each element corresponds to a specific season, sound,

Cynthia Conklin’s shiatsu studio, Eastern Sun Shiatsu, is located in downtown Ann Arbor. She is also a long-time member of Ann Arbor's Flaming Jewel Dharma Center.

emotion, body fluid, organ, and so on. This helps us to understand how and where disharmonies arise in our bodies.

Thousands of years of human observation are the basis for the Five-Element Theory. The theory is also holistic, whereby either the whole body can be read or just one area can be treated, such as the *hara*, feet, or ears. Shiatsu uses few Western preconceptions or labels, which can offer clients a fresh perspective on their health concerns.

Sensei Ohashi emphasizes that the shiatsu practitioner is not “healing” or fixing, but is instead in partnership with the receiver of the treatment. I like this view, because it emphasizes the clients’ participation in their healing. This is also why I teach Zen Shiatsu exercises and do-it-yourself Shiatsu workshops, to put simple tools for health back into the hands of individuals, friends, and family. As with many skills, 20 percent of the knowledge is worth 80 percent of the benefit. Ann Arbor is blessed with many great body workers, and no one modality fits

> “Shiatsu uses few Western preconceptions or labels, which can offer clients a fresh perspective on their health concerns…[Shiatsu uses] the Chinese Five-Element Theory, in which it is not necessary to name or classify diseases. ”

everyone. Shiatsu is a good fit for me. I feel like I'm playing, not working. It blends well with my life as a member of the residential community at the Flaming Jewel Dharma Center, a Vajrayana Buddhist community in Ann Arbor. Shiatsu is a sort of meditation in action.

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Cynthia Conklin’s classes are listed in the Acupressure/Shiatsu section on page 76. Cynthia Conklin’s shiatsu studio, Eastern Sun Shiatsu, can be reached at www.easternsunshiatsu.com *or 734-417-9714.*

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The Crazy Wisdom Calendar

A Course in Miracles

A Course in Miracles Study Group with Interfaith Center • Mondays, 6:45-8:30 p.m. • Join us as we read aloud the popular Foundation for Inner Peace metaphysical book, *A Course in Miracles*. Donations welcome. Call Dave Bell at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

A Course in Miracles Workbook Study Group with Interfaith Center • Thursdays, Noon-1:30 p.m. • All are welcome to study the workbook lessons of A Course in Miracles, focusing on a non-dualistic interpretation. Donations welcome. Call Lorri Coburn at 327-0270; lorricassie@sbcglobal.net or interfaithspirit.org.

Crystals

Basic Crystals 101 with Carol Clarke • June 23, 7-8:30 p.m. • This is anything and everything you need to know on how to work with crystals and stones. This is a beginner class for anyone who has never worked with crystals before. We will learn clearing techniques, intention work, and more. $20. Call 734-416-5200; info@bodyworkshealingcenter.com.

Adult Star Crystal Group with Carol Clarke • Third Thursday of each month, 7-8:30 p.m. • This is a monthly class where we will discuss one crystal/stone or mineral per month. Includes meditation specific to that stone and an open forum for any questions on crystals you may have. $20. Call 734-416-5200; info@bodyworkshealingcenter.com.

Advanced Chakra with Crystal Healing with Carol Clarke • Fridays, May 13-June 24; 7-8:30 p.m. • This is a seven-week chakra intensive class where we will discuss in depth each chakra, position, clearing techniques, toning, yoga activation, and healing with crystals. $250 includes handouts. Call 734-416-5200; info@bodyworkshealingcenter.com.

Dance & Movement

International Dances of Universal Peace with Judy Lee "Nur-un-nisa" Trautman • May 6, June 3; 7-9 p.m. at Friends Meetinghouse • These meditation in movement dances, created by Sufi Samuel Lewis in the 60's, celebrate the world's faith traditions in the intention of peace. No experience or partner is necessary. $5 donation. No meetings in July or August. Call Drake Meadow at 663-2037; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org.

Spring Dance Classes through Tree of Life Cultural Arts Studio • Spring session: April 11-June 11 • Most classes are $12 drop-in or $90 for nine weeks. Call Cheri at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.
Zumba for Ages 13+ with Jane • Saturdays, 10-11 a.m. • Zumba fuses hypnotic Latin and world rhythms into easy to follow moves that create a dynamic fitness class. All levels welcome.
Tribal Style Belly Dance: Intermediate/Advanced for Ages 13+ with Jenabah • Thursdays, 7-8:30 p.m. • Intended for the dancer who wants to further explore Tribal Style Belly Dance through combinations, fun formations, and improvisation combined with choreography. $15 drop-in or $117 for nine weeks.
Belly Dance Basics for Ages 13+ with Ziva • Tuesdays, 6:30-7:30 p.m. • Students will learn a brief history of Raks Sharqi (professional form of belly dance) and Raks Beledi (folkloric form). Fun ways to stretch and strengthen the body will be learned to enable students to execute basic isolations of belly dance and then transfer these into fun contemporary choreography.
African Dance with Jenabah • Mondays, 6-7:30 p.m. • Let the beat of the drums move your body and soul! This class offers a rich taste of African culture and provides an amazing, full body workout. All levels welcome. $15 drop-in or $117 for nine weeks.

Death & Dying

Introduction to Peaceful Crossings with Callan Loo • May 19, June 16, July 21, Aug. 18; 7-9 p.m. at Crazy Wisdom Community Room • We can all live our lives more peacefully and consciously by proactively taking steps to plan for our eventual "crossing". We offer education, tools, services, guidance, and referral services in the areas of financial planning, legal estate planning, funeral and crematory services, and hospice care. Peaceful Crossings is a spiritually-oriented organization that recognizes and respects the beliefs and rituals of all religions, and we support and encourage an eco-friendly approach to placing your remains in their final resting place. Free. Call 660-8622; callan@peacefulcrossings.com or peacefulcrossings.com.

The Crazy Wisdom Calendar will be posted online starting April 26, 2011 at crazywisdom.net.

Dreamwork

The Living Dream: An Interactive Dream Workshop for Women with Sierra Hillebrand • May 22, 9 a.m.-4 p.m. • Go beyond interpretation to cultivate a living relationship with your dreams. This workshop is an opportunity to learn valuable tools for tapping into the profound wisdom and healing power of your dream life. Activities include working with dream images through journaling, art, myth, and guided meditation. $120. Call 276-4052; sierrahillebrand@gmail.com.

DreamWorks 1 with Deb Foggio • May 21, 10 a.m.-1 p.m. • Dreams are practical tools we can use to understand our lives and even see into our futures. This valuable resource is custom made for your life. All it takes to discover the wisdom that awaits you in your dreams in learning the code. Dream study teaches that and more. Open the door to your creative genius. Discover your own unique blueprint and the keys to your destiny. $65. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

DreamWorks 2 with Deb Foggio • July 16, 10 a.m.-1 p.m. • See above description. Dreams are your magic mirror that reveals the truth of what is going on in your life now. More intensive dream analysis in this class, including intuitive applications. $65. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Drumming

Drummunity Circles hosted by Lori Fithian • May 11, June 15, Aug. 10; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drummunity.com.

> Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in feeling creates love.
>
> - Lao Tzu

Drum 4 Wellness Circle with Interfaith Center • May 7, June 4, July 2, Aug. 6; 7:30-9 p.m. • Facilitated community drum circle. Bring your own or use a drum provided. $5 suggested donation. Call Don Allen at 480-1219; don@drum4wellness.net or interfaithspirit.org.

Drum 4 Wellness with Don Allen • May 20, June 17, July 15, Aug. 19; 7-8:30 p.m. • A facilitated drum circle using the power of group drumming to build community cohesion, empower individual expression, and create strong support networks. There is no experience necessary; absolutely anyone can participate. Extremely creative and fun. All instruments are provided or you may bring your own. $15. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Shamanic Drumming Circle with Stephanie Tighe and Kate Durda • Second Wednesday of each month, 6:30-8 p.m. • This journey/drumming circle is open to anyone who knows how to journey using the technique as taught by the Foundation for Shamanic Studies or others trained in the Core Shamanic Journey. The circle begins by calling in spirits, then drumming and rattling to raise energy. Includes one or two journeys, then closes with a prayer circle. The circles build upon journey skills and deepen connections to power animals and teachers. Free. Call 517-543-6754; spiritweavers@gmail.com or spiritweavers.net.

Drumming Meditation with Dali Giese • May 10, June 14, Aug. 9; 7-9 p.m. • Join in a meditation journey with Dali's ceremonial drum. No meditation experience required. All are welcome. July 12th includes a Walking for Wellness fundraiser for Brighton Natural Wellness. $10. Call 517-974-7596; daligiese@gmail.com or brightonwellness.org.

Hand Drumming for Ages 13+ with Sundance through Tree of Life Cultural Arts Studio • Spring session: April 11-June 11; Tuesdays, 7:30-9 p.m. • Harmonious repetition of natural rhythms creates healing energy and puts us in touch with ourselves and the world around us. Through rhythmic exploration, you will learn basic hand drum techniques and other percussion instruments. Students will be taught traditional drum rhythms from around the globe as well as how to listen and improvise within the structure created. $15 drop-in or $117 for nine weeks. Call Cheri at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Community Drum Jam with Tree of Life Cultural Arts Studio • May 27, June 24, July 22; 8-11 p.m. • A drum circle for everyone! Feel the pulse at Tree of Life while we build community through rhythm, song, and dance. Cafe Touba will be open. Enjoy an organic coffee drink, smoothie, fresh juice or tea. All ages welcome. Free. Call Cheri at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Energy Healing

Quantum Touch with Cathleen Francois through Ann Arbor Institute of Massage Therapy • Aug. 13, 9 a.m.-6 p.m. and Aug. 14, 10 a.m.-6 p.m. • Developed by Richard Gordon, Quantum Touch is rooted in energy work and helps burn victims, cancer patients, the elderly, infants, and more. This work can be seamlessly combined with any modality and will transform your practice. It provides healing bioenergy for the practitioner as well as for the person seeking great health. Open to all. $345 with early payment discount available. Call Sara at 677-4430; smartens@aaimt.edu or aaimt.edu.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Part 1: May 6, Noon-1:30; Part 2: May 13, Noon-1:30 • Learn a powerful energy healing tool you can use anytime to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life enhancing (fears, emotions, trauma, depression, negativity, disease) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suffering and increase your peace. $30 per session. Contact melaniefuscaldo.com.

Free Pranic Healing Clinic with Dave and Pat Krajovic • Third Wednesday of each month, 7-8 p.m. • Dissolve and disintegrate dirty energy and blocked energy. Pranic healing is effective with many illnesses and diseases. Other pranic healing practitioners welcome. By donation. Call 734-416-5200; inspire.globalbreathinstitute.com.

Enneagram

Monthly Enneagram Study Group with Su Hansen • May 4, June 1, July 6, Aug. 3; 7:30-9:30 p.m. • This is an eclectic, welcoming Enneagram group made up of people who have studied a variety of enneagram traditions, have varying levels of exposure and experience and, of course, represent all 9 types. We bring to the group our understandings of the system generally, but also our experiences in our ego type and freeing ourselves from that type. Free with donation accepted. Call 417-8397; su@enneagramcenterofannarbor.com.

Why Learn about the Enneagram with Su Hansen • May 11, 7:30-9 p.m. • The Enneagram is an ancient dynamic personality system that describes nine distinct interrelated ego types. Get an overview of this system and learn how knowing about the Enneagram can provide you with a deeper knowledge and understanding of yourself and those around you. Find out how it can enhance your personal and spiritual growth practices as well as your relationships. Free. Call 417-8397; su@enneagramcenterofannarbor.com.

Exercise & Fitness

Walking for Wellness with Brighton Natural Wellness Center • July 12, 6:30-8:30 p.m. • This is a fundraiser for Brighton Natural Wellness Center to help supplement services at the center for those less fortunate. We will begin the walk at the center and walk to Mill Pond in downtown Brighton, followed by a talk and a drumming meditation. Donations accepted. Call Jude Shepard at 810-599-8855; jude@brightonwellness.org or brightonwellness.org.

Massage for Golf Clinic: How to Ease Back into the Season with Carol Clarke • June 28, July 12 or Aug. 2; 7-8:30 p.m. • This is a class for the avid golfer that combines stretching techniques with advice on proper alignment and how to avoid driving range burnout. Joints and muscles free of tension can improve the range and accuracy of golf swings. $20 includes handouts. Call 734-416-5200; info@bodyworkshealingcenter.com.

Exhibitions

Molly Marie Nuzzo: Recent Works at Eastern Michigan University • May 23-June 3 with Reception May 25, 4:30-7:30 p.m. • Molly Marie Nuzzo is an Ypsilanti-based painter whose award-winning work has been exhibited regionally and nationally. Her recent drawings and paintings use portraiture to investigate the embodiment of queer identities and question the gender binary. Free. Call EMU Art Department at 487-1268; mnuzzo@mollynuzzo.com or http://art.emich.edu.

Living Art: Living Process with Copper Colored Mountain Arts, Tsogyelgar Gardens • July 8-Sept. 23 • An exhibition of outdoor sculpture and installations including artists Amanda Martin Katz, Lily Cox Richards, Jordan Stahl, S24, and others. Opening July 8, 4-8 p.m. with Artist Talk on July 9, 3-4 p.m. For more information, contact Rob Davis at 904-7487; ccmarts.org.

Art Exhibitions at the University of Michigan Museum of Art • Free with $5 suggested donation. For more information, call 764-0395; srieke@umma.umich.edu or umma.umich.edu.
Life in Ceramics: Five Contemporary Korean Artists • April 2-June 26
UMMA Projects: Amalia Pica • May 28-Sept. 18
Multiple Impressions: Contemporary Chinese Woodblock Prints • July 16-Oct. 23

The Crazy Wisdom Calendar

Film

Ann Arbor Summer Festival: 28th Season • June 17-July 10 • The Ann Arbor Summer Festival has brought the best local, national, and international performers to enthusiastic audiences for nearly three decades. For 21 amazing summer nights, they transform Ann Arbor into a lively arts destination, a place where family, friends, neighbors, and visitors can connect and share in a celebration of artistic inspiration, creativity, and community spirit. They offer the best in music, dance, comedy, film, street arts, and family entertainment. Tickets and venues vary. For more information, call 764-2538; annarborsummerfestival.org or tickets.com.

Conscious Movie Night: "Conscientious Objector" with Ann Arbor Center of Light • May 25, 7:30 p.m. • These movie nights provide a way for people to talk about inspiring movies on a deeper level and how they affect our lives, our attitudes, and our perceptions. Free. Call Rev. Selena Lucas at 905-7511; revselena@centersoflight.org or centersoflight.org/annarbor.

> I certainly wasn't happy. Happiness has to do with reason, and only reason earns it. What I was given was the thing you can't earn, and can't keep, and often don't even recognize at the time; I mean joy.
>
> - Ursula K. LeGuin

Spiritual Cinema at Interfaith Center •
May 18, June 18, July 16, Aug. 20; 8-10 p.m. • Join us for a monthly screening of spiritually-themed cinema. Past titles include "The Eastern Mystics" and "For the Next 7 Generations". $5. Call Rev. Dave Bell at 327-0270; dave@interfaithspirit.org. For upcoming shows, visit interfaithspirit.org.

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and the film. Concessions are available. Call 994-3387; programs@jewelheart.org or jewelheart.org.
May 20 • "Ghost World" hosted by Elizabeth Hurwitz
June 24 • "Fried Green Tomatoes" hosted by Gloria Boyajian
July 29 • "The Invention of Lying" hosted by Rowena Villarias
Aug. 19 • "Doing Time, Doing Vipassana" hosted by Akiko Yamada

Fundraisers

Dancing with the Ann Arbor Stars sponsored by Rudolf Steiner School of Ann Arbor and Ecology Center • May 7, 6 p.m. • Enjoy a night of entertainment as notable Ann Arbor "celebrities" dance their hearts out for two local non-profits who share an interest in education and environmental stewardship. Vote with your donations on the dancer(s) who charm you most! This promises to be a festive and fun event. $100-$600 ticket price range. Call Katrina Klaphake at 995-4141; kklaphake@steinerschool.org or steinerschool.givezooks.com/events/dancing-with-the-ann-arbor-stars.

Mayfly with Leslie Science and Nature Center • May 21, 6-8 p.m. • This is the annual fundraising event for Leslie Science and Nature Center. Watch the magnificent bald eagle fly over the beautiful grounds, celebrate our natural world, meet new friends, and enjoy great food, drink, and entertainment. $100 per person. Call 997-1553; info@lesliesnc.org or lesliesnc.org/mayfly.

Healing

The Healer Development Program with Eve Wilson • Meetings one week night, every other week, 7-10 p.m. • International UCM Healer Practitioner Certification recognized throughout the U.S. and Canada for legal spiritual healing and counseling. Address the root cause of disease of body, emotion, mind, and spirit for people of all ages, animals, and the planet. Includes aura reading, soul contracts, DNA, healing Qabalah, archangels, etheric surgeons, ascended masters, power animals, inner child, past lives, chakras, the ascension process, and work from unconditional love. $2,900 with advanced payment discounts available. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Natural Spiritual Healing Diploma Course through Self Realization Meditation Healing Centre • Five weekends: Friday evening to Sunday, 5 p.m.; July 8-10, July 15-17, July 29-31, Aug. 12-14, Aug. 26-28 • Help yourself and others towards wholeness of mind, body, and spirit with this comprehensive, professional program. See website for syllabus. $1,460 for five weekends includes shared room, lodging, and home-cooked vegetarian meals. If you cannot afford the fee, or for complete information, call 517-641-6201; SRMHCMichigan@cs.com or selfrealizationcentremichigan.org.

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com or lighthousecenterinc.org.

Free Class: How to Heal with Your Hands with Dave and Pat Krajovic • June 1, 7-8:30 p.m. • Learn how you can heal with your hands. Remarkable healings occur almost miraculously by a simple wave of the hand. Learn how to feel energy and how this amazing healing tool known as Pranic Healing is changing the world. Free. Call 734-416-5200; info@bodyworkshealingcenter.com.

Herbs, Plants & the Garden

Herbal Wisdom Series with Linda Diane Feldt at Crazy Wisdom Community Room, sponsored by People's Food Co-op • All evenings are free. To pre-register, call Caitlin Joseph at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.
May 26 • There is a Free Lunch: Foraging for Food and Medicine • What you need to know to find free food and medicine in the natural areas all around you!
June 23 • Introducing Kids to Wild Foods • Kids are naturally adept at identifying wild foods. Learn what kids especially enjoy, and how you can encourage them and keep them safe.
Aug. 25 • How to Talk to Plants and Avoid the Impression of Lunacy • A longtime favorite class, we'll explore ways that plants communicate, including the doctrine of signatures. Find out what you can learn from plants with careful observation.

Ask a Master Gardener: Everything You've Always Wanted to Know with Carol Brodbeck and Monica Milla • June 4, 10-11:15 a.m. or June 7, 6-8 p.m. • Have you ever wanted to take a gardening class that's designed just for you, where you receive answers to specific gardening questions based on your individual needs? In this course, two master gardeners will address any questions you have. $29. Call Christine or Tamika at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Vernal Virtues: Michigan's Medicinal Plants with Jim McDonald • May 15, 11:30 a.m.-6 p.m. • Participants will be led around the fields and woods surrounding the Upland Hills EAC in Oxford to explore the medicinal virtues, identification, folklore, and preparation of many of the common "weeds" we pass by everyday. The information presented will be both specific and practical, and provide a basis for participants to incorporate what they have learned into usable skills with which to maintain and restore health. Some of the plants to be covered include ground ivy, apple, nettle, plaintain, and dandelion. $50 with advanced payment discount available. Call 248-238-8733; jim@herbcraft.org or herbcraft.org.

Midsummer Medicines: Michigan's Medicinal Plants with Jim McDonald • July 17, 11:30 a.m.-6 p.m. • The summer sun draws forth the medicinal virtues of many plants that grow in field and thicket. Explore the medicinal virtues, identification, folklore, and preparation of many of the beauteous wild weeds surrounding Uplands Hills EAC in Oxford. The information presented will be both specific and practical, and provide a basis for participants to incorporate what they have learned into usable skills with which to maintain and restore health. Some of the plants to be covered include yarrow, wild bergamot, motherwort, st. john's wort, and ox eye daisy. $50 with advanced payment discount available. Call 248-238-8733; jim@herbcraft.org or herbcraft.org.

Medicinal Herbs with Jennifer Beard • May 14, 5-7 p.m. • Learn how to use herbs to ease symptoms of colds, anxiety, stress, diabetes, and many other everyday issues, plus how to use herbs in prevention of more serious conditions. $30. Call 734-416-5200; info@bodyworkshealingcenter.com.

Spring Foraging Class with Deanne Bednar • May 17, 1-5 p.m. followed by Full Moon Community Potluck, 6-10 p.m. • Enjoy a day of exploring and identifying wild and naturalized plants in the gardens, lawns, fields, and woods around the Strawbale Studio. Includes a tour of the Studio natural building, greenhouse, earth oven, and more. First in a four-part, year-round series. $35 with early payment discount available. Potluck free. Contact ecoartdb@gmail.com or strawbale.pbworks.com.

Holistic Health

Hygeia Center for Healing Arts Open House • May 15, Noon-5 p.m. • Hygeia Center for Healing Arts is an integrative health center offering naturopathic medicine, psychotherapy, bodywork, and wellness coaching. Our center is comprised of holistic practitioners including Sierra Hillebrand, Diana Quinn, Kelly Brown, and Deb Rhizal. Come to this open house to meet practitioners, learn about services, and enjoy healthy refreshments. Free. Call Sierra at 276-4052; hygeia.center@gmail.com.

Planning Your 110th Birthday: A Lecture on Anti-Aging • Aug. 3, 7:30 p.m. at Interfaith Center or Aug. 11, 7 p.m. at Brighton Natural Wellness Center • Learn about simple steps you can take now to extend your life. For cost, contact Susan Travis at stravis8@comcast.net or brightonwellness.org.

Aches and Pains Self-Help Class with Kathy Braun • Mondays, 5:30 and 6:30 p.m. sessions at Crazy Wisdom Community Room • Learn energy medicine, self-hypnosis, and yogic techniques for arthritis, fibromyalgia, and other issues. These techniques work without drugs or doctors. Registration required. $15 per class. Call 760-710-1804; kathy@annarborhypnotherapy.com or annarborhypnotherapy.com.

Homeopathy

Classical Homeopathy with Monica Gurnani • May 5, 6:30-9 p.m. at Crazy Wisdom Community Room • Homeopathy is based on the concept of "like cures like". Classical homeopathy has individualized approaches for each person. Come and learn what homeopathy can do for you. Free. Call 248-982-3642; monicagurnani@hotmail.com or mihomeopath.com.

Hypnosis

Tools for Change: An Intro to Hypnosis with Christine Allyson • May 2, June 6 • People resist change, and yet it is the only constant in life. 90% of what we do is done subconsciously. Hypnosis is about aligning the 10% of what we do consciously with the other 90%. Learn how to replace the fear of change with the love of growth. Each experiential class will apply a specific tool/technique, so come with issues, fears, and pain you'd like to transform to have more peace, confidence, and prosperity in your life. $15. For times, call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Healthy Weight Workshop with Mary Sammons • First and Third Mondays: May 2, 16, June 6, 20, July 18, Aug. 1, 15; 6:30-8:30 p.m. • Group hypnosis sessions to help break old, negative habits and establish new relationships with yourself and food. Come join us and fortify your success. For cost, call Jude Shepard at 810-599-8855; jude@brightonwellnes.org or brightonwellness.org.

Intuitive & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors, and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568, in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Fridays of each month, 7-10 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot to Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing, and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary. Call 717-8513 or mpfox@umich.edu.

Drop-In Intuitive Readings with Irena Nagler in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 6:30-9:30 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. $1 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Amy Garber in the Crazy Wisdom Tea Room • First and Third Saturdays, 7-10:30 p.m. • Amy is a medium, psychic, and channel who aids you on your path by consulting with your spirit guides, illuminating past lives, and connecting with loved ones who have passed on, as appropriate. Clients may receive exercises to aid them with life lessons and to practice accessing their own guidance. $1 per minute. No appointment necessary. For more information, call 358-0218; metafizzy@gmail.com.

How to Use a Pendulum and Expand Your Intuition with Anne Duffy • May 22, 1-4 p.m. • Learn how to ground and balance with earth and heaven while gaining power and heart energy for your everyday living. Explore how to use the pendulum and verify answers with "muscle testing". Explore how to attune and communicate with spirit, and remove basic unwanted blocks, curses, and interferences while finding and creating solutions to your problems. $40 with early payment discount available. Call 765-5830; TheConnectingBridge@yahoo.com or theconnectingbridge.com.

Psychic Development 1 with Deb Foggio • Four-week series: May 12, 19, 26, June 2; 7-9:30 p.m. • Students are guided through the process of connecting with and developing their psychic ability. The class helps awaken your awareness, then stimulates psychic development by teaching the fundamentals required to develop and use this skill in everyday life and more. No experience necessary. $125. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

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GATEWAYS WELLNESS

Psychic Development 2 with Deb Foggio • Four-week series: June 9, 16, 23, 30; 7-9:30 p.m. • Students are guided through the study and history of different modalities used to connect with and express psychic energies and talents. More hands-on experiential work is emphasized to help expand and understand unique gifts and expression as well as to learn the technical aspects of the work. Students will experience a deeper understanding of how the physical and spiritual are integrated. $125. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Advanced Psychic Development with Deb Foggio • Six-week series: July 7, 14, 21, 28, Aug. 4, 11; 7-9 p.m. • Students who have embraced their psychic gifts are guided through the process of experiencing their abilities on a deeper, more spiritual plane. The class will focus on more in-depth study of psychic phenomenon and processes. Learn how to access your abilities on multiple levels and integrate your gifts to enhance spiritual growth and expanded consciousness. $160. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Intuition... Do You Have It? with Cathy Holland • June 29, 6-8:30 p.m. • Did you ever have a "gut feeling" or "just know" something, or experience incredible synchronicity? Explore how you can learn to practice this skill to help in decision making, know what is "right" for you, and find greater bliss in living. $29. Call Christine or Tamika at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Foundations in Psychic Development I: How to Perceive Your Aura and Chakras in Meditation with Violeta Viviano • July 9, 9 a.m.-6 p.m. • We each have a bubble of spiritual energy surrounding us called the aura. Using our own perceptive skills, we learn two easy yet powerful techniques from which the other foundation classes build upon. These techniques help us find our own psychic energy, clear blockages, and repair our chakras and aura. This is a basic class in John Friedlander's system. $99. Call 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Etheric Focus with John Friedlander • July 16, 9 a.m.-6 p.m. and July 17, 9 a.m.-3 p.m. in Cincinnati or by teleconference • Continued focus on etheric energy combining our work with focused meditation. Level I prerequisite. $250 with early payment discount available. Contact Gloria Hemsher at hemsherglo1@yahoo.com or psychicdevelopment.cc.

The Crazy Wisdom Calendar

Intuitive & Psychic Development (continued)

Seven Planes of Consciousness Practice Sessions with John Friedlander by Teleconference • May 18, June 15, July 20, Aug. 17; 8-9 p.m. • Continued exploration of the 49 specific energies of the seven planes, each with seven sub-planes as described in the Theosophical literature of the early 1900s. Level I and Seven Planes Class prerequisite. $12.50. Call Violeta Viviano at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Heart Based Intuitive Development with Melanie Fuscaldo • May 17, Noon-1:30 • Develop your intuition with heart based techniques to discover information about relationship, health, and spiritual goals. Explore inner purpose and career path. $30. Contact melaniefuscaldo.com.

Jain Teachings

Weekend Seminar with Jain Master Gurudev Shri Chitrabhanuji • April 30-May 1, 9:30-Noon • Gurudev Shri Chitrabhanuji is a Jain Master who brings to the West the 5,000 year old Jain teachings of ahimsa (non-violence), reverence for life, and anakantevada (relativity of thinking). Through these teachings, he gives practical guidelines for daily life and self-realization. Lecture, blessing, and group photo each day. By loving donation. Call Prachi Patricia Thiel at 734-449-4381; thielp17@yahoo.com.

Kabbalah

Spiraling into Infinity with Karen Greenberg • May 9, 6-10 p.m. • Receive training to be able to perform this energy work on clients, which assists clients in identifying and expanding into their limitless, spiritual selves where anything is possible. $350. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Practical Application of Kabbalah: Transformational Year-Long Journey through the Tree of Life with Karen Greenberg • Class meets once monthly for 12 months starting May 6, 10:30 a.m.-1 p.m. or starting May 2, 7-10 p.m. • Learn how to identify your soul's purpose and how to financially support yourself living it. Learn how to develop a personal relationship with the Creator/Higher Power, how to identify, express healthily, and clear low vibrational emotions, limiting thought beliefs, and patterns, how to work toward optimal health and relationships, and how to organize your life and living conditions. $99 per month. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Love & Relationships

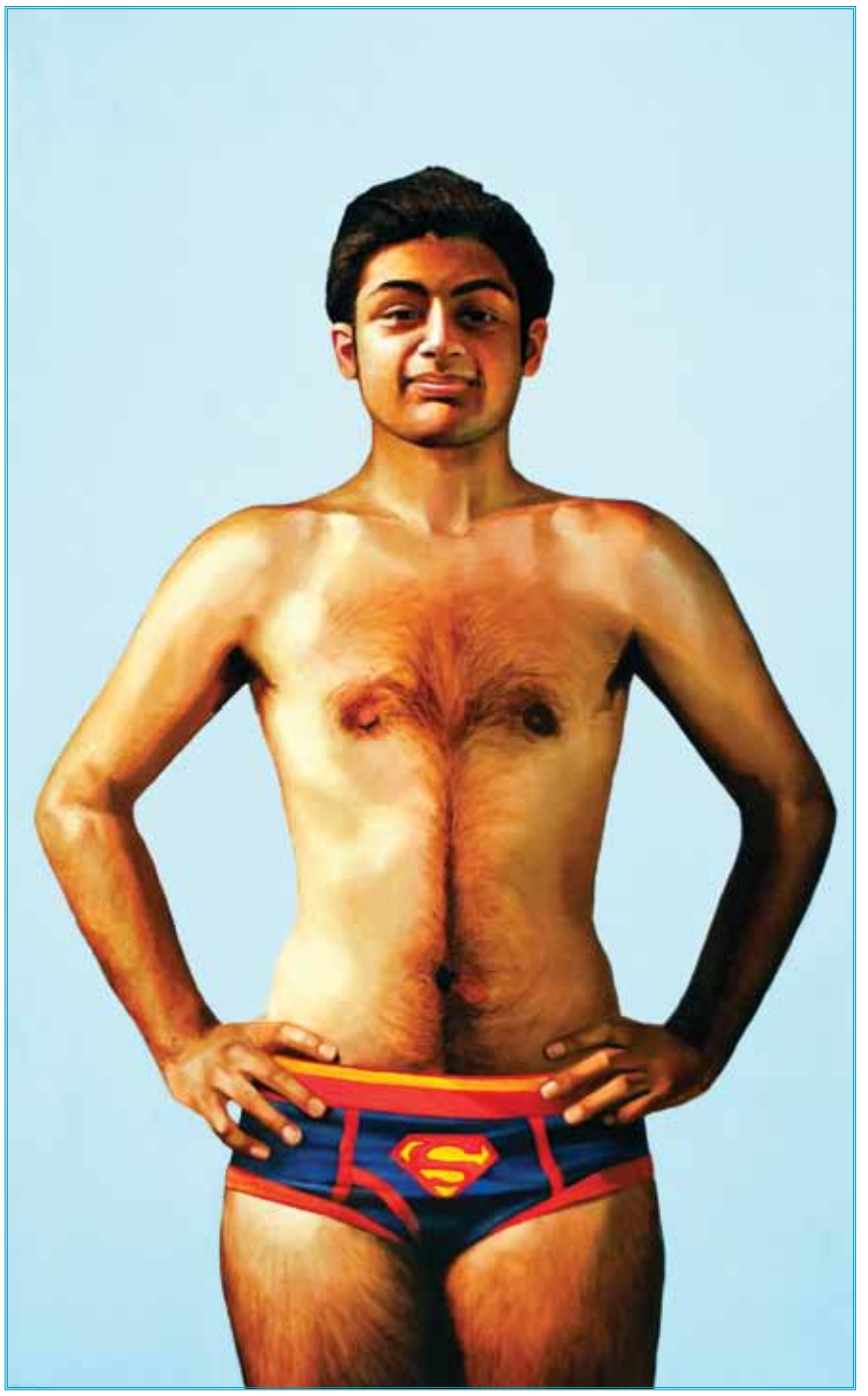
Discover a New Way to Love: A Relationship Workshop with Carole Kirby • May 1, 2-4:30 p.m. at Crazy Wisdom Community Room • Imago relationship therapy offers a way to discover what's beneath your longstanding issues and what you can do differently, enhances your ability to communicate well with your partner, and changes your reactive, ineffectual behaviors into a force for compassion, healing, and growth. All kinds of couples and singles welcome. Free, but pre-registration is required. Call 424-2797; carole777@aol.com or therapy4couples.com.

The Marriage Workshop with Lynne Stevens and Pina Newman • May 20-22 • This weekend includes 17 guided hours working on your marriage, with other couples working on their marriages, too. Experience a safe, non-confrontational atmosphere that promotes compassion and empathy, and decreases blaming. $395 per person. For times, call Lynne at 248-693-9614; lynnestevens@hotmail.com or treesidecounseling.com.

Magnetizing Your Ideal Mate with Karen Greenberg • May 20, 10 a.m.-2 p.m. • Identify your ideal mate's characteristics. Learn specific ceremonies and techniques to facilitate magnetizing your ideal mate. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Love is a Miracle Weekend Workshop with Human Awareness Institute • Aug. 26, 6 p.m. through Aug. 28, 6 p.m. • Love, intimacy, and sexuality are fundamental to being human. What we often don't realize is that our very notions of these may prevent us from fully expressing and receiving love. In Level 1, you are supported in discovering and shedding fears, judgments, beliefs, and behaviors that keep you separate from others. Explore new ways of relating and communicating that are deeply satisfying, safe, and nourishing. $495. Call Debbie Whiteside at 734-523-8566; haidebz@aol.com or hai.org.

The Crazy Wisdom Calendar will be posted online starting April 26, 2011 at crazywisdom.net.



superman (oil on wood -- 24" x 39")

A photograph of an oil painting by Molly Marie Nuzzo, an Ypsilanti-based painter whose award-winning work uses portraiture to investigate the embodiment of queer identities. This painting is part of her MFA exhibition, taking place from May 23 - June 3 in EMU's University Gallery. Opening Reception on May 25th. See the Calendar listing in the Exhibitions section on page 83.

Massage

Massage Therapy Program Informational Orientation at the Ann Arbor Institute of Massage Therapy with Sara Martens • Mornings: May 17, June 21, July 19, Aug. 5, Aug. 17; 10-11:30 a.m. or Evenings: June 2, July 12, July 27, Aug. 10; 6-7:30 p.m.• Are you interested in a massage therapy career but do not know where to start? Are you confused by all the different massage programs out there? Do you have questions about our school and what we have to offer you? Would you like to know how we compare to other area schools? If so, join us for our informal orientation! AAIMT is dedicated to assist each student in achieving excellence in therapeutic skills, personal awareness, and the sensitivity needed for a successful and rewarding career in massage therapy. The 800-Hour Massage Therapy program includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage, and various components and related approaches to therapeutic massage. Classes qualify for CE credits. Free Orientation. $75 application and registration fee. For complete costs and more information, call 677-4430; info@aaimt.edu or aaimt.edu.

Spa Therapies with Jocelyn Granger • May 28, 9-5 p.m. • Open only to massage therapists, we will learn to do therapeutic bodywraps and spa facials. These are therapies that do not require a bathtub or shower and can be added to a therapist's repertoire easily to earn additional income. This is easy, soothing work that increases a client's opportunity to purchase more services. We will learn about various products used to remineralize or detox the body. For the face, we will discuss firming, soothing, and adding nutrition. $250 includes product. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Pathology with Christia West • June 4, 9-5 p.m. • Pathology is the study of the nature of diseases and the structural and functional changes produced by them. Massage therapists are ethically responsible for recognizing clients' deviations from ideal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can build as they begin to practice. $150. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Neuromuscular Therapy I with Jocelyn Granger • June 10-12, 9-5 p.m. • Neuromuscular Therapy is used for the freeing and relief of chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity, and skilled palpation. It provides complete and effective relief from chronic pain and tension. Treatment of shoulder, arm, hand, and lower leg and foot. $350. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Neuromuscular Therapy II with Jocelyn Granger • July 8-10, 9-5 p.m. • This workshop is open to practicing massage therapists and massage therapy students. Neuromuscular Therapy I prerequisite. Treatment of shoulder, arm, and lower leg and foot. $350. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Neuromuscular Therapy III with Jocelyn Granger • July 22-24, 9-5 p.m. • This workshop is open to practicing massage therapists and massage therapy students. Neuromuscular Therapy I and II prerequisite. Treatment of abdomen, head, TMJ, medial thigh, and anterior thigh. $350. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Therapy Stones with Christy Zarek • Aug. 20-21, 9-5 p.m. • Open only to massage therapists. Bring the warmth and comfort of this ancient healing art into your practice. Learn how to work creatively and effectively with hot and cold stones while offering an extremely popular service to your clients. Expand your knowledge with a different type of deep tissue therapy and work with alternating temperatures as a tool. Students will also learn to clean and care for their stones. Stones (hot and cold) and warming equipment will be needed at an additional cost. $330. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Meditation

Mastering Meditation with Kapila Castoldi • May 17, 24, 31; 7-8:30 p.m. at Crazy Wisdom Community Room • Introductory meditation program. Topics include concentration, relaxation, and meditation techniques; exploring a meditative lifestyle; and self-awareness through meditation. Free. Call 994-7114; castoldi@oakland.edu or srichinmoycentre.org.

Self Discovery through Meditation with Kapila Castoldi • July 12, 19, 26; 7-8:30 p.m. • Meditation is a process of gradual self-discovery. The series explores how meditation affects our body, mind, heart, and emotions, and its impact on our personality. Basic techniques will also be introduced. Free. Call 994-7114; castoldi@oakland.edu or srichinmoycentre.org.

Learn to Meditate with Nirmala Nancy Hanke of Lighthouse Center • May 27, June 24, July 29, Aug. 26 • Introduction to meditation. Learn how all meditations are good and how your thoughts are an essential part of the process. Talk followed by a 20 minute meditation experience with a mantra. $35, $25 students, $15 repeat. For time, call Prachi Patricia Thiel at 734-449-4381; lighthousecenter.inc.

Memorial Day Meditation with Lighthouse Center • May 29; Gather at 7 p.m., Meditate 7:30-8:30 p.m. • A meditation in memory of departed loved ones, especially those who have transcended in the last year. All meditators welcome. No cost; love offering. Call Prachi Patricia Thiel at 734-449-4381; thielp17@yahoo.com or lighthousecenter.inc.

Focused Meditation Practice Sessions with John Friedlander by Teleconference • May 1, June 5, July 3, Aug. 7; 10-Noon • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a new level of mental clarity and spiritual openness. Each participant will both leap ahead with his/her spiritual abilities, and also make an excellent start in developing sustained focused attention so valuable in developing both abilities and character. Spring/Fall Intensives or Focused Meditation Class prerequisite. $15. Contact psychicdevelopment.cc.

Divine Light Meditation and Creation Circle with Dali Giese • May 5, June 2, July 7, Aug. 4; 6:30-8:30 p.m. • Our circle will help you focus your energy and intentions and manifest your dreams. We are creators of our reality. We create consciously and unconsciously. Embrace your accelerated path by consciously creating the life you desire using this circle as your main support. $10. Call 517-974-7596; daligiese@gmail.com or brightonwellness.org.

For Beginners: Introduction to Meditation Workshop with Ann Barden of Deep Spring Center • May 7, June 6, July 9 or Aug. 13; 1-4 p.m. • An introduction to insight meditation. No experience necessary. Wear comfortable clothes. Cushions and chairs provided. $20 building fee per session, with opportunity to donate to teacher. Call 477-5848; om@deepspring.org or deepspring.org.

Deepening Practice and Dharma Insight: Practice and Integration of Practice into Our Lives with Barbara Brodsky and Frank Levey of Deep Spring • April 6, 20, May 4, 18, June 1; 6:30-9 p.m. • The class will sit together, and then go around to each member to hear what has been happening in practice during the preceding two weeks. Questions will be addressed. Class members will have a "dharma buddy" with whom they will talk between class meetings. Teachers will likely suggest reading based on the discussion. The hope is to develop a mini-sangha for discussing and deepening practice. $35 building fee with option to donate to teachers. Call 477-5848; om@deepspring.org or deepspring.org.

The Noble Eightfold Path: Level 2/3 Continuing with Ann Barden of Deep Spring Center • May 11, 18, 25, June 1, 8; 6:30-9 p.m. • The focus for the class will be looking deeply at the core teaching from the Buddha on suffering, the cause of suffering, the end of suffering, and the way to realize this in our everyday lives. This is known as the Four Noble Truths since these truths were seen as universal. Each class will consist of meditation, a teaching talk, chance for questions and comments, and an assignment. Participants will be expected to sit for meditation everyday and to come to class to share their experiences. The class is free with opportunity to donate to teacher. Call 477-5848; om@deepspring.org or deepspring.org.

Mindfulness Meditation with Violet Martin • Wednesdays beginning May 4, 6:30-7:30 p.m. • Mindfulness means bringing concentrated awareness to your "in the moment" experience. This simple description belies the great potential found within its practice. Mindfulness can bring peace wherever there is disharmony in our bodies and mind, and even in the world around us. This group will help you develop skills of mindfulness in your everyday life. Come meditate and have discussion and support in your desire to bring harmony and peace to the world in which you live. Everyone welcome. Experience not necessary. $10. Call 734-308-8360; info@brightonwellness.org or brightonwellness.org.

Ann Arbor Open Meditation at Lotus Center • Thursdays, 7:30-8:30 p.m. • Weekly meditation sittings, primarily mindfulness with some loving kindness, open to all at any level of experience. Format is two 20-minute sittings (one guided, one silent), with a brief break. Donations welcome. Call Libby at 426-3070; libbyrobinson7@gmail.com.

Meditation Meet-up with Ann Arbor Center of Light • May 6, 7:30 p.m. • Come to the Center once a month for a class that will provide you with deep guided meditations. Whether you are an experienced meditator or just a beginner, this class will offer a chance to go deeper within to experience the peace that comes from getting out of the way and stilling your mind. Free. For future dates, call Rev. Lela Iduna at 905-7511; revlela@centersoflight.org or centersoflight.org.

Meditation/Oneness Blessing with Lee Schaberg • Wednesdays and Fridays, 7:30-9 p.m. • Experience a transfer of divine energy, raising the level of human consciousness by taking the recipient beyond the mind to experience the divine infinite presence of peace and love beyond measure. Our authentic self emerges and radiates through us, allowing us to embrace the oneness of all life. Deeksha is a non-denominational, dogma-free energy working with the changing energies of the universe to set us free of the mind in order to live from the essence of the heart. Love offering. Call 358-5529; lee.k.s@comcast.net.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • June 10, 3-5 p.m. • Conquer stress, improve concentration, find inner peace. Of value in all walks of life, this training, which includes the meditative peace breath, helps you be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. $40. Call 517-641-6201; SRMHCMichigan@cs.com or selfrealizationcentremichigan.org.

Pure Meditation Course including Raja~Kriya Yoga with Self Realization Meditation Healing Centre • May 1-7 or Aug. 15-21 • Find the peace that passes all understanding with pure meditation. Learn tools to relax, focus, and regain mastery of your mind to ease away layers of ego, revealing your true self, lasting joy, and more. $765 includes shared room lodging and home-cooked vegetarian meals. If you cannot afford the fee, call 517-641-6201; SRMHCMichigan@cs.com or selfrealizationcentremichigan.org.

Meditation Practice with Ron Lienweber • Thursdays, 7:30-9 p.m. • This meditators' support circle emphasizes meditation as a way to be with spirit and in spirit. There are no shortcuts or crash courses, no instant mysticism. We sense in stillness with others a great linkage and strengthening. We meet to support each other's daily meditation. Simple instructions and much encouragement are also there for beginners. Includes a short reading, several minutes of contemplative music, and two 30 minute silences. Participants may leave during this time or move about quietly in a meditative walk. Free. Call 248-280-4711; rolandles@comcast.net or tsdetroit.org.

Free Talk: Guided Full Moon Meditation from the Comfort of Your Home • May 17, June 15, July 15, Aug. 13; 9-9:30 p.m. • Join us for this powerful full moon meditation via teleconference and connect to the source. The more that participate, the greater the energy and the more powerful the effect. Free. To connect, go to bodymindspiritradio.com or call 646-378-0878; or call Dave Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Guided Meditation Courses with Ema Stefanova • Group and private classes from basic to high level meditation, instruction, and inspiration. Non-religious and completely tantra and yoga-based. For cost, dates, and times, call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

The Crazy Wisdom Calendar

Men's Work

Men's Group with Felix Paulick • Sundays, 3:30-5 p.m. • Are you struggling in your relationship with your partner, in your role as a father or in finding joy and satisfaction in your work? Many men in our society have not been taught healthy ways of dealing with stress and expressing emotions. This group is a safe place to start talking about it and learn new skills. $50 per week. Call 883-8701; felix@togrow.org or togrow.org.

Music, Sound & Voice

Water Hill Music Fest with The Musical Neighbors of Water Hill • May 1, 2-4 p.m. • First annual one-of-a-kind Ann Arbor music festival featuring dozens of musicians giving performances on their own front porches while other neighbors and visitors stroll through the neighborhood. Location is Water Hill, the neighborhood northeast of downtown bounded by Spring, Miller, Brooks, and Sunset. Free. Call Paul Tinkerhess at 663-1644; paul@waterhill.org or tinyurl.com/waterhillmusicfest.

> The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves.
>
> - Carl Jung

HeartSounds Meditation and Music for the Soul with Andrew Rogers • May 18, June 15, July 20, Aug. 17 • A monthly session of conversation, live channeled music, and meditation. Andrew Rogers has the ability to channel music from angels and guides for the group to give us a powerful experience in meditation for our highest good. The live music channeled for each session is unique, dependent upon the guides and energy of the individuals in attendance. $15. For times, call Deb Foggio at 248-702-7064.

Sound Shamanism Training Workshop: Energy, Sound, and Healing with Norma Gentile • June 11-12, 10 a.m.-6 p.m. each day • This weekend workshop is for practitioners, performers, and advanced students. An interactive, experiential training limited to 12 participants, there will be plenty of personal focus and questions centered on your own life, meditation, and practice. $275. Call 330-3997; norma@healingchants.com or healingchants.com.

Cafe 704 Coffee House and Concert at Interfaith Center • A live music performance series in a smoke- and alcohol-free venue with free parking held monthly. 8 p.m. with doors open at 7:30. $8 each or $15 for two. Refreshments and treats for sale. Call Dave Bell at 327-0270; cafe704@gmail.com or interfaithspirit.org.
May 14 • Laz Slomovits
June 14 • TBA
July 16 • Ken Haering, a former Broadway singer
Aug. 13 • TBA

Naturopathy

Naturopathy's Health Toolbox with Nia-Avelina Aguirre • May 23, 10-Noon; June 7, 6:30-8:30 p.m. or July 13, 10-Noon • Learn what naturopathy is and what it is not. There are many wonderful natural therapies that you will learn about. Free. Call 883-7513; niaaguirre@aol.com.

Nutrition & Food Medicine

Raw Foods Series with Ellen Livingston at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8:30 p.m. • Free. Call Caitlin Joseph at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.
May 10 • Growing Food for a Raw Diet - Sheet Mulching the Easy Way • Empower yourself by learning to grow your own fresh food easily.
June 14 • Travelling in the Raw • Find out great tips for sticking with a healthy raw diet while you're away from home.
July 12 • Growing Super-Kids! • Learn how to keep kids healthy and allergy-free on a raw diet.
Aug. 9 • A Raw Diet is for Athletes, Too! • Empower yourself by learning to grow your own fresh food easily.

Sacred Foods: Health Lessons from Indigenous Diets with Frances Farmer at Crazy Wisdom Community Room, sponsored by People's Food Co-op • May 16, 7-8:30 p.m. • Learn the findings of Dr. Weston A. Price's journey to understand the traditional diets of indigenous communities throughout the world and what this means for our modern food culture. Free. Call Caitlin Joseph at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.

Sacred Foods: Robust Digestive Health with Frances Farmer at Crazy Wisdom Community Room, sponsored by People's Food Co-op • June 7, 7-8:30 p.m. • Learn how the digestive system functions and the connections between digestive health and auto-immune function, allergies, asthma, mental disorders, and more. Find out how to heal and maintain robust digestion. Free. Call Caitlin Joseph at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.

From Field to Freezer: Introduction to Food Preservation with Julie Ritter at Crazy Wisdom Community Room, sponsored by People's Food Co-op • May 18, 6:30-8:30 p.m. • Learn the basics of preserving the harvest through canning, dehydrating, pickling, freezing, and root cellaring. Free. Call Caitlin Joseph at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.

What You DON'T Know about Calcium • May 4, 7:30 p.m. at Interfaith Center or May 12 in Brighton • There are many diseases that are surprisingly due to a calcium deficiency. Come learn which ones they are and how to avoid them, from various presenters with backgrounds in the medical, nutritional, and business fields. For cost, contact Susan Travis at stravis8@comcast.net or Bob Shepard at bshepard176345mi@comcast.net.

Nutrition for Athletes • July 6, 7:30 p.m. at Interfaith Center or July 14, 7 p.m. in Brighton • Nutrition specifically tailored for athletes. Come learn how one particular professional athlete has benefitted from optimal nutrition. For cost, contact Susan Travis at stravis8@comcast.net or Bob Shepard at bshepard176345mi@comcast.net.

ABC's of Supplementation • June 1, 7:30 p.m. at Interfaith Center or June 9 in Brighton • What is healthy supplementation and complete nutrition? What are typical deficiencies and how much is too much? Beyond the food pyramid with various people from the medical, nutritional, and business fields. For cost, contact Susan Travis at stravis8@comcast.net or Bob Shepard at bshepard176345mi@comcast.net.

Nutrition: A Sensible Approach to Good Health with Mary Alan Stuart • May 11, 10 a.m.-2:30 p.m. • In addition to providing guidelines for healthy eating, this interactive presentation will address several common health conditions that respond positively to nutrition intervention. The relationship between foods and their natural nutrients, as well as quick and easy tips for menu planning, shopping, and cooking will be presented. $35 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Summer Raw Luncheon with Joyce Oliveto • May 21, June 18, July 16, Aug. 20; 1:30-3:30 p.m. • Learn how to make meals for yourself and your families. This class will be for anti-aging and vibrant health through raw/live foods. $25 includes live food lunch and recipes. Call 810-599-8855; rejoyce@comcast.net or brightonwellness.org.

Eating for Emotional Reasons and How To Do It Differently with Karen Greenberg • Aug. 26, 10 a.m.-2 p.m. • Learn how to embrace, rather than avoid, your emotions, how to identify, feel, and express all sorts of emotions in a healthy manner, and how to have intimacy with yourself, rather than intimacy with food. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Eating the Mediterranean Way: Salads - The Ultimate Fast Food with Yael Dolev • May 19, 6-8:15 p.m. • Come to taste, explore the concept of improvising a fast salad meal, and take home recipes. Discover why eating vegetables is not just vital for your health, but also great fun, quick, and satisfying! $29. Call Christine or Tamika at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Eating the Mediterranean Way: Spice Your Mediterranean Style with Yael Dolev • May 26, 6-8:15 p.m. • Packing in a lot of antioxidants, essential oils, and phytochemicals, present day researchers are excited about what aromatic herbs and spices have to offer. Now you can explore different smells and tastes, and take home recipes. $29. Call Christine or Tamika at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

A Way-Seeker's Guide to Kitchen Practice with Tongsan Catherine Brown • Four Saturdays, 9:30 a.m.-2 p.m. • An introduction to vegetarian cooking as a joyous practice of attention. The way-seeking mind finds wonders in the kitchen: garlic juice on the cutting board, the shimmer on the surface of hot oil, a good knife biting into an onion, sesame seeds dancing as they toast in the pan. Class includes preparation and sharing of the midday meal. Throughout, our guide will be Zen Master Dogen, author of *How to Cook Your Life: From Zen Kitchen to Enlightenment*. $100 for four sessions. Call 761-6520; annarbor@zenbuddhisttemple.org.
May 21 • Introduction: Salt and Knives
May 28 • Vegetarian Proteins
June 4 • Seasoning: Five Tastes and Three Virtues
June 11 • The Larder, the Garden, and the Farmer's Market

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • May 10, June 14, July 12, Aug. 9; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.75 for a pot of tea with free refills. In April, the Witches' Night Out will meet in the Crazy Wisdom Community Room. For more information, call Carol at 665-2757; info@crazywisdom.net.

Parenting

Crazy Wisdom Salon Series: An Evening with Psychoanalysts Kerry Kelly Novick and Jack Novick • Thursday, May 5, 7 p.m. at Crazy Wisdom Tea Room • Nationally recognized psychoanalysts, the Novicks, have written a new book, *Emotional Muscle: Strong Parents, Strong Children*. Locally, they are known for their innovative work in founding the Allen Preschool, which is a laboratory for integrating psychoanalytic insight with early childhood education. The Novicks will talk about their new book and also field questions and comments. Free. For more information, call 665-2757; bill@crazywisdom.net or crazywisdom.net.

Mindful Parenting Group with Robert Martin and Lisa Inoue • Six Saturdays beginning May 21, 1:30-3 p.m. • This group promotes development of mindfulness skills leading to improved communication, effective problem solving, and creating an atmosphere of peace and calm. Increased self awareness leads not only to greater confidence parenting, but to more confident and optimistic children. $35 per session with sliding scale available. Call 996-9111, ext. 213 or 221; lisa@attachmentcoalition.org or a2consultation.com.

The Breastfeeding Cafe with Barbara Robertson of Center for Childbearing Year • Fridays, 10-11:30 a.m. • Come and meet other women who are breastfeeding their babies! This free drop-in group focuses on supporting the new breastfeeding pair. We will provide a combination of a nurturing environment and accurate, up-to-date information. Time is set aside to address each individual mother's concerns. Moms and babies can come for as many weeks as they need. Bring your baby and breastfeeding questions. Free. Call 973-6534; barbara@aol.com or bfcaa.com.

Mothering Arts Support Group with Barbara Robertson and Cia Gabriel of Center for Childbearing Year • Eight ongoing Mondays, 10-11:30 a.m. • This group focuses on making a positive adjustment to the joys and challenges of being a new mom. Topics include sleep issues, breastfeeding, baby-wearing, taking care of yourself, sex after baby comes, birth stories, infant massage, baby signs, and more. This class repeats consecutively and can be joined at any point in the series. Moms and babies up to six months welcome. $60 with first session free. Call 663-1523; patty@center4cby.com or center4cby.com.

> In the spring, at the end of the day, you should smell like dirt.
>
> - Margaret Atwood

La Leche League with Center for Childbearing Year • First Thursday of the month, 10-Noon • Drop-in support group for breastfeeding mothers and their children. Pregnant women and toddlers welcome. Free. Call 663-1523; patty@center4cby.com or center4cby.com.

Peace

Peace Generator Silent Meditation and Prayer at Interfaith Center • June 17, July 15, Aug. 19; 7 p.m. • All invited to join a silent meditation on world peace and individual (inner) peace. Donations accepted. Call Craig at 971-8576; dave@interfaithspirit.org or peacegenerator.org.

24-Hour Peace Generator at Interfaith Center • May 20, 6 p.m. through May 21, 6 p.m. • A peaceful planet starts from within. Join in silent prayer or focused meditation on inner/outer healing, love, harmony, peace, understanding, cooperation, and joy for your family, the world, and for yourself. Sign up for a time slot or just drop in anytime during the 24-hour period to keep this continuous silent prayer/meditation going. Refreshments provided. Donations accepted. Call Craig at 971-8576; dave@interfaithspirit.org or peacegenerator.org.

Prayers for Peace with Ann Arbor Center of Light • May 4, June 1, July 6, Aug. 3; 7:30 p.m. • On the first Wednesday of each month, members of all 15 Centers of Light pray for peace, creating a surge of positive energy for people all over the world. Open to all faiths, it is a chance for hearts and minds to make a real difference in the world. People pray for healing, spiritual awakening, love or solutions to crises - anything that the world needs in order to become a place of peace. Join us! Free. Call Cynthia Shepard at 905-7511; revcynthia@centersoflight.org or centersoflight.org/annarbor.

Personal Growth

Creating Internal Emotional Resources with Cam Vozar • May 11, 6:30-8 p.m. • Create internal emotional resources to cope with stress and increase well being. Learn to connect to nurturing, protective, and spiritual resources. $10. Call 747-9073; cam.vozar@gmail.com.

A Deeper Understanding of Anger: Its Pros and Cons with Carole Kirby • June 12, 2-4:30 p.m. at Crazy Wisdom Community Room • Many folks have difficulty expressing anger; others freely express it. Yet all of us need to learn to use our anger impulse to identify underlying feelings of hurt. Anger is not a primary emotion; it's a physiological signal that something doesn't feel "right", that we feel misunderstood, taken for granted, ignored, insulted, etc. Come to this workshop to learn more about anger - where it comes from, how to use it for self-discovery, and how to safely express it. Everyone welcome. Free with pre-registration required. Call 424-2797; carole@therapy4couples.com or therapy4couples.com.

EFT: Emotional Freedom Technique with Cathy Holland • June 15 and 22 • The "tapping"/EFT technique is easy to learn, inexpensive, and without harmful side effects. Discover through the repetition of this discipline how to ease pain and eliminate negative energy and emotion. $49. For times, call Christine or Tamika at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

New Beginnings with Sue Myers • July 30, 9 a.m.-7 p.m. • Do you have fear of rejection? Do you feel you deserve the best in life? Reach the level you want in your life by releasing any fears. $125. Call 239-541-1874; brkthruseminars@aol.com or brighton-wellness.org.

Power Tools for Busy People with Self Realization Meditation Healing Centre • July 21, 7-8:15 p.m. • No matter what problems or challenges you face, or how difficult it has been in the past, these fast, easy-to-use tools can help you by learning more about the mind-body connection and how to apply practical energy care tools in your everyday life at school, work, home, and play. $30. Call 517-641-6201; SRMHCMichigan@cs.com or selfrealizationcentremichigan.org.

Life Skills and Relaxation Class with Self Realization Meditation Healing Centre • May 21, 10:30-11:45 a.m. • See above description. $30. Call 517-641-6201; SRMHC-Michigan@cs.com or selfrealizationcentremichigan.org.

Healthy Boundaries with Karen Greenberg • May 17, 6-10 p.m. • Learn how to clarify within yourself how to set and enforce healthy boundaries in a variety of situations - with children, spouse, parents, siblings, friends, neighbors, business associates, and with yourself. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

HeartMath: Science and Spirituality Connect with Melanie Fuscaldo • May 10, Noon-1:30 • Learn a strategy to bring harmony to your heart, brain, and nervous system for positive health, emotional, and spiritual results. $30. Contact melaniefuscaldo.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • June 7, Noon-1:30 • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30. Contact melaniefuscaldo.com.

Presence Process Work Group with Dave and Pat Krajovic • Ten Tuesdays: April 19-June 21, 7-9 p.m. • Experience the presence process within. Each of us, including the facilitators, will commit to the 70-day presence process. Take this inspiring, life changing journey into the pathway of awareness. Free yourself from reactionary habits and rid yourself of the drama in your life. Get to the cause once and for all. We will meet to take the teachings deeper, share our experiences, support each other, and receive a facilitated breath session. $222 with teleconference available. Call 734-416-5200; inspire@globalbreathinstitute.com.

Manifesting with Conscious Intent with Dave and Pat Krajovic • June 5, 9 a.m.-5 p.m. • Today, more than ever, you need an edge, an advantage unlike anything you've had before. This advantage is your breath. What you breathe into, you bring to life. A restricted breath pushes life away; yet, we all do this unconsciously. This class will help you bring to conscious light that which was unconscious to free the blocks that keep you from manifesting the life you always dreamed of. $147 with early payment discount available. Call 734-416-5200; inspire@globalbreathinstitute.com.

Free Talk: How PSYCH-K Can Help You Manifest Desired Change with Debra Williams • July 21, 7-8:30 p.m. • Based on years of split-brain research, PSYCH-K provides a variety of ways to identify and transform beliefs that sabotage you into beliefs that support you. Come learn how it can aid you in changing behavior by shifting outdated perceptions and beliefs at the subconscious level of the mind. Free. Call 734-416-5200; info@bodyworkshealingcenter.com.

Seals of Solomon Activation I with Karlta Zarley • July 9, 9 a.m.-1 p.m. • The 26 Seals of Solomon contain the wisdom we gained in previous lifetimes in various ancient cultures and which is stored within each of us. This activation begins the Unichakra process, clearing the DNA of trauma and opens the first five seals, covering the Egyptian, Mayan, Mu, Atlantean, and Druid lifetimes. $225 includes light refreshments, with early payment discount available. Call 433-9333; karltazarley.com.

The Crazy Wisdom Calendar

Prosperity & Abundance

Prosperity Training Camp with Deb Foggio • Tuesdays beginning May 3, 7-9 p.m. • This is an ongoing class that studies how to use the power of the subconscious mind to create wealth and success, prosperity, and happiness. You are not alone in pursuing a better life. Come join a group of people just like you who have made the commitment to change their lives. We study and apply the works of great prosperity teachers as we make the commitment to create and experience prosperity for ourselves. $20 per week. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Abundance and Prosperity with Karen Greenberg • July 18, 10 a.m.-2 p.m. • Define your relationship with money, including what you were taught by your parents, family, culture, race, religion, and gender. Identify low vibrational emotions such as shame, guilt, and fear that could be limiting your cash flow. Examine worthiness issues and sabotaging patterns and learn spiritual principles to enhance prosperity. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Reiki

Reiki I: The Usui Reiki System of Natural Healing with Deeksha Agarwala • June 11, 18, 25; 10-Noon • Receive four attunements that align and open energy centers to Reiki, resulting in increased flow of pure healing energy through the hands. Learn the description of the Usui System of Reiki healing, history of Reiki, basic hand positions for treatment of self and others, different ways Reiki can be used, and class time to practice on self and others. $200 includes manual and certificate of completion. $200. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Reiki Share with Jennifer Flowers-Gutman • Second Thursday of each month, 6:30-8 p.m. • This is a unique offering for anyone who has taken Reiki to come and practice their skills by working on others and experience Reiki shared by other practitioners. It is also a chance to ask questions and enhance your skills. $12. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki I with Jennifer Flowers-Gutman • May 6, 6-9 p.m. and May 7, 3-9 p.m. • Learn how to access Universal Life Force energy to heal others or yourself. Reiki works on all levels by integrating and balancing the physical, mental, emotional, and spiritual aspects of your being. You will receive an attunement to align with the Reiki energies, learn the history of Reiki, basic hand positions, and practice on yourself and classmates. $154 includes materials. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki II with Jennifer Flowers-Gutman • June 24, 6-9 p.m. and June 25, 3-9 p.m. • Continue to increase the flow of Reiki energy by learning the power symbol. Change thought patterns or behaviors with the mental/emotional symbol and learn absentee healing. $154 includes manual. Call 734-416-5200; info@bodyworkshealingcenter.com.

Retreats

A Celebration of Life: Retreat for Elders (50+) with Mary Hopkins • May 17, 7 p.m. through May 20, 1 p.m. • This retreat will explore the joys and sorrows, separation and regrets found in our life journeys. Along with celebrating persons and events, we will deal with anger, hurts, and frustrations of lost relationships and opportunities. How do we best forgive ourselves and others? Come and join in this prayerful exploration. $350 single occupancy, $250 double occupancy, $200 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Private Directed Retreats at Weber Center • July 18, 2 p.m. through July 22, 1 p.m. • This retreat will provide ample time and space for solitude, personal prayer, and participation in campus liturgy. Participants will meet daily with a spiritual director of their choice. $375. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Contemplata Aliis Tradere Retreat at Weber Center • May 14, 7:30 p.m. through Aug. 19, 1 p.m. • This retreat is for all persons seeking to revitalize their roots in the Dominican tradition of contemplation and study. Each day, through presentation, personal and communal prayer, silence, and Eucharist, we will revisit core values that shape Dominican spirituality. $425 or $200 commuter. Call 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Moving Into Your Ascension Process with Karlta Zarley • June 18-22 at Mt. Shasta • We will be healing ourselves and the Earth during this retreat with the energies of the mountain, the solstice, and the eclipses to assist us. $400. Call 433-9333; karltazarley.com.

Preventing Burnout Course with Overnight Retreat at Self Realization Meditation Healing Centre • July 2, 9:30 a.m. through July 3, 5 p.m. • This is a course for health care professionals, complementary practitioners, carers, teachers, volunteers, and all people-workers who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their own personal lives. $272 includes shared room and home-cooked vegetarian meals. If you cannot afford the fee, call 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Silent Retreat Weekend at Self Realization Meditation Healing Centre • June 10 before dinner through June 12 after dinner • Come join us in a restful and rejuvenating retreat! Following a meal served on arrival - giving ample time for participants to get to know each other - this retreat is held in silence for meditation, contemplation, relaxation, and to get in touch with the inner self. $140 includes shared room lodging and home-cooked vegetarian meals. If you cannot afford the fee, call 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Private Directed Retreats with Janene Ternes • July 18, 2 p.m. through July 22, 1 p.m. • Come away for a few days of peaceful presence with God. Experience the serenity and clarity that comes from listening to God's Holy Spirit within you. This retreat will provide time and space for solitude, personal prayer, and daily meeting with a spiritual director. $375 includes private room and meals. Call 429-7754; prayerinmotionjt@aol.com or prayer-in-motion.com.

25th Annual Buddhist Peace Camp with Zen Buddhist Temple • July 29-Aug. 3 at Friend's Lake, Chelsea • This camp emphasizes peace, cooperation, mindfulness, and fun. Children, parents, and other adults welcome. We need counselors for various age groups; contact the Temple if you are interested. Pre-registration required. For cost, call 761-6520; buddhistpeacecamp.org.

In-Depth Yoga Study and Relaxation Three-Day Retreat with Ema Stefanova • May 13-15, June 3-5, July 15-17, Aug. 19-21 at Vivekananda Monastery and Retreat in Ganges, Michigan • Retreats include morning and afternoon guided yoga and meditation practice, questions and answers, discussions, karma yoga, and time to reflect and enjoy nature. Topics include yoga therapy, approaches for women's and family health, yoga nidra deep relaxation, and more. $335 with early payment discount available. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

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Unlocking the Pranic Body Three-Day Retreat with Ema Stefanova • April 29-May 1 • Awaken your vital energy while you learn about the pathways of pranic energy current in the body and energy centers known as chakras. Practice five keys to experience the energy body. $335. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Salons

Crazy Wisdom Salon Series: An Evening with Psychoanalysts Kerry Kelly Novick and Jack Novick • Thursday, May 5, 7 p.m. at Crazy Wisdom Tea Room • Nationally recognized psychoanalysts, the Novicks, have written a new book, *Emotional Muscle: Strong Parents, Strong Children*. Locally, they are known for their innovative work in founding the Allen Preschool, which is a laboratory for integrating psychoanalytic insight with early childhood education. The Novicks will talk about their new book and also field questions and comments. Free. For more information, call 665-2757; bill@crazywisdom.net or crazywisdom.net.

Crazy Wisdom Salon Series: An Evening with Buddhist Scholar Donald Lopez • Thursday, May 12, 7 p.m. at Crazy Wisdom Tea Room • Donald Lopez will be talking about his new book, *The Tibetan Book of the Dead: A Biography*, and fielding questions and comments. Lopez, one of the nation's leading scholars of Buddhism, teaches at the University of Michigan. He is the Arthur E. Link Distinguished University Professor of Buddhist and Tibetan Studies and currently serves as faculty chair of the Department of Asian Languages and Culture. Free. For more information, call 665-2757; bill@crazywisdom.net or crazywisdom.net.

Shamanism

Vision Quest/Rites of Passage Open House with Debbie Mast and Brian Obrecht • May 25, 7-9 p.m. at Crazy Wisdom Community Room; May 11 in Battle Creek, June 6 in Troy, June 11 in Chicago • Come hear about vision quest and rites of passage ceremonies held July 20-24 in western Michigan. Seek guidance from spirit, mark key life transitions, integrate change, and find new direction. Free. Call Debbie at 248-414-5376; ftreelodge@aol.com or visionquestmi.com.

Shamanism: Path of Empowerment and Healing with Kate Durda • June 4, 11 a.m.-5 p.m. • Experiential training in the shamanic journey, and introduction to shamanism healing methods and practice. One of the most remarkable methods to enter into the world of the spirit, or non-ordinary reality, to access personal truths, healing, and peace, and to enhance creativity and oneness with the world. This is a pre-requisite for most advanced training. $60 with early payment discount available. Call 517-543-6743; SpiritWeavers@gmail.com or SpiritWeavers.net.

Fourth Annual Shamans' Walk: Community Ceremony with Kate Durda and Stephanie Tighe • July 30, 11 a.m.-4:30 p.m. • With this walk, we celebrate our connection to each other and all things with intense drumming, dancing, journeying, sharing, and networking. Community healing circle, shamans' bazaar, and potluck. All are welcome to come with an open heart and a desire to experience the ecstasy of a large shamanic community. $50 with early payment discount available. Call 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Lightness of Being/Medicine for the Earth Part 1: Healing Our Selves with Kate Durda and Stephanie Tighe • Aug. 20, 10 a.m.-5 p.m. • Using spiritual methodologies and truths from many traditions (including Sandra Ingerman's Medicine for the Earth work), we will explore manifestation principles, miracles, transmutation, raising the frequency of vibration, and expanding our being to allow for even higher levels of light and healing. We will explore and experience transfiguration - connecting and merging with the light that is at the core of all existence. Part 1 focuses on healing ourselves and is the first in the Lightness of Being transformative series, a prerequisite for participation in the entire program. For cost, call Kate at 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Advanced Shamanic Healing Methods Course with Stephanie Tighe • First session: Aug. 21 • Shamanic healing methods to be covered in this intensive include soul retrieval, plant spirit medicine, extraction, restoration of lost power, working with those who have died (psycho pomp) or are in the dying process, depossession, and more. We will also cover other spirit-directed techniques, ethics, establishing a healing practice, sensing energy, shifting energy, how to help clients receive healings, the use of ritual tools (soul catchers), and the use of regalia/masks. We will meet monthly through April 2012. $975. Call 517-677-8448; stephanietighe@gmail.com or SpiritWeavers.net.

Skincare

Great Skin at Any Age: A Formula for Beauty with Nina Howard • May 12, 6:30 p.m. • Learn about how to look your best at any age. This special two-hour seminar is designed to teach you about developing a skin care routine custom tailored to your needs. Free with registration required. Call Naomi Chusid at 747-7661; operations@bellanina.com or bellaninadayspa.com.

Acne and Rosacea: Clean, Clear, and Manage Naturally with Nina Howard • June 7, 6:30 p.m. • Learn about the causes of acne and rosacea, and natural treatment options for clear skin. Free with registration required. Call Naomi Chusid at 747-7661; operations@bellanina.com or bellaninadayspa.com.

Feed Your Face: Natural Skincare from the Kitchen with Esther Morton-McCormick • May 31, 6-9 p.m. • Replace your chemical-based, mass-produced facial care products with natural ones you make yourself. Take home a sample cleanser, toner, and emollient made in class to nourish, hydrate, and protect your skin. $29. Call Christine or Tamika at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Rejuvenate Your Face! with Esther Morton-McCormick • June 7, 6-9 p.m. • Perfect your facial acupressure technique to stimulate circulation and tone musculature in the face and neck. Create and take home personalized, inexpensive aromatherapy skin care products according to your skin type. $29. Call Christine or Tamika at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Spiritual Development

Soul Essence Evolving: Revelations of Your Spiritual, Mental, Emotional, and Physical Essences with Jane McLaren and Deb Foggio • Second and Fourth Fridays of each month, 7-10 p.m. • A systemic constellations approach that reveals how you are creating your life through the four essences: spiritual, mental, emotional, and physical. This process allows the internal hidden and unconscious blocks of your life to be externalized, seen, revealed, and healed through universal wisdom and energy. $25. Call 248-705-1111; avastarinc@comcast.net or integrativewellbeing.com.

Life is a Cafeteria with Sally Pinchock • June 20, July 18, Aug. 15; 7-9 p.m. • Someone at work mentions energy fields and chakras. A friend goes to a psychic. You see unexplained coincidences. Your intuition is telling you that the Sunday sermon is missing something. You feel yourself drawn to beliefs and concepts outside your upbringing. You feel out of balance and someone suggests Reiki or cranial sacral work. You are afraid to ask about it all because you are concerned you may be dabbling in something strange. This class will talk about the mystery in a safe environment. You will learn, discern, and integrate more about yourself and how you fit into the divine order of life. $15. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Spiritual Awakening Classes with Lorri Coburn • Second and Fourth Saturdays of each month, 5-7 p.m. • Join an ongoing class designed to help you awaken from the dream world and realize your true identity now. Class is based on A Course in Miracles and utilizes experiential ego-releasing techniques, including the Sedona Method, Ho'oponopono, and meditation, among others. $20. Call 734-646-6585; lorricassie@sbcglobal.net or acimmusings.blogspot.com.

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Ayurveda ~ The Mother of All Healing

By Dr. Beena Vesikar

Human beings today face unprecedented challenges due to exponential technological and social changes. Many people feel disconnected from the greater traditions that have provided guidance and nourishment to human beings for thousands of years. This causes psycho-physical imbalances, resulting in ill health. It is clear that we need to develop new strategies if we are to survive and thrive as individuals.

> "For most of the West, medical treatment begins when we fall ill. It is a response to disease; it aims to fix something already broken. But a higher level of healing is to eliminate disease before it manifests."

Ayurveda is a holistic, person-centered medical system, which has its roots in ancient India. It is one of the oldest and most complete natural healing systems on our planet. "Ayurveda" is a Sanskrit word that comes from two words: "Ayu," which means life — from birth to death, from the natural form of the body to immortal spirit — and "Veda," the books of knowledge originating in ancient India, which offer us a wealth of practical knowledge on how to live a healthy and meaningful life. "Ayurveda," in simple terms, means "Knowledge of Life."

I grew up in India, where the Ayurvedic tradition was a part of my family's life. I saw how my mother made dietary changes every season and added spices and dietary supplements to our meals to overcome seasonal allergies and common health aliments. So Ayurveda was my topic of interest as I earned my bachelor's degree in Ayurvedic Medicine and Surgery (B.A.M.&S.) and my medical degree in Ayurveda-Internal Medicine, both from the University of Pune in Pune, India.

For most of the West, medical treatment begins when we fall ill. It is a response to disease; it aims to fix something already broken. At this stage, radical and invasive methods like drugs or surgery may be required, which have many unwanted side effects. But a higher level of healing is to eliminate disease *before* it manifests, for which invasive methods like drugs or surgery are seldom necessary.

I value Ayurveda because it is a preventive medical system, in which pharmacies and hospitals become periphery, not primary. To reach this level of health, we must consider the effects of our lifestyle, environment, work, and psychological condition on our health and life in total. We must cut off the unhealthy factors in our daily lives that make us vulnerable to disease.

> "Ayurveda doesn't just treat an organ, it treats the entire person. If someone comes to me with liver disease, I look at everything in the person's life – their body type, digestion, elimination, emotional status – to see what the imbalances are."

According to Ayurvedic principles, people fall into three types based on their individual mind-body constitution, or "*dosha*": vata, pitta and kapha. The doshas are determined by an individual's habits and proclivities, ranging from body structure to emotional responses. Understanding the constitutional type enables us to personalize lifestyle, food, and yogic practices to the individual's doshic requirements.

Ayurvedic treatment occurs with two levels relative to the doshas. The first level is general lifestyle management. This deals with living in harmony with our constitution and environment, not only to prevent disease but also to utilize our full energy potential. It is not enough merely to prolong our lives, but to have sustained life force to do the things we wish for. We must consider what we are using our energy for and why.

> "Ayurveda blends easily with other medical traditions. For instance, Ayurvedic medicine can complement allopathic therapies like chemotherapy for cancer, by lessening its side effects. It also can aid the treatment of chronic diseases while the patient is taking allopathic medications for the condition."

The second level is treatment of diseases and health complaints, ranging from common health aliments to life-threatening illnesses. Treatment includes herbs, nutrition, hygiene, exercise, detoxification and purification procedures (panchakarma), rejuvenating therapies, mantras, yoga, breath control (pranayam), meditation, astrology, prayer, rituals, and spiritual counseling – all for healing the entire being.

Poor health seldom has a simple or single cause. Some factors will respond to dietary changes, while others are beyond individual control. We cannot always control or change the environment for our health and happiness. Instead, we learn to improve ourselves and our own internal resources. Ayurveda provides us with the knowledge and methods to facilitate this process.

I am passionate about Ayurveda because it is a preventive science and because of its natural, holistic approach. Ayurveda doesn't just treat an organ, it treats the entire person. If someone comes to me with liver disease, I look at everything in the person's life — their body type, digestion, elimination, emotional status — to see what the imbalances are. Even a few changes in a person's lifestyle can make a big difference, and I feel rewarded by that.

Ayurveda embraces all health care disciplines and weaves them into an integrated and customized plan for each individual. As part of my medical training in Ayurveda, I also studied many elements of allopathic (traditional Western) medicine, such as modern physiology, pathology, and pharmacology. In fact, it is necessary to understand the other types of treatments a person may have had, or are undergoing, to know how Ayurveda fits into their current situation.

Ayurveda blends easily with other medical traditions. For instance, Ayurvedic medicine can complement allopathic therapies like chemotherapy for cancer, by lessening its side effects. It also can aid the treatment of chronic diseases while the patient is taking allopathic medications for the condition.

Like Ashtanga yoga, Ayurveda has eight limbs too — called "Ashtanga Ayurveda" — that deal with disease management through medication and surgeries : Internal Medicine, Surgery, ENT and Ophthalmology, Pediatrics, Toxicology, Psychology, Science of Rejuvenation and Science of Aphrodisiacs.

Ayurveda is called "the mother of all healing," as it cares for us the same way a mother cares for her child. It rejects nothing that is beneficial for life.

I feel very blessed to be an Ayurvedic healer, and especially while living in a community where it will make a big difference in changing perspectives towards health.

May your journey through life bring you truth and bliss.

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(Dr. Beena Vesikar, M.D. (Ayurvedic medicine), CMT, nutritional consultant, is a founder of Beayurvedic Wellness Center located in Farmington. The Center offers wellness consultation, Ayurvedic therapies, panchakarma, and Ayurvedic products and workshops. For more information, contact- 248-631-7271 or visit www.beayurvedic.com)

Spiritual Development (continued)

Heart Empowerment Class with Prachi Patricia Thiel • Four Thursdays starting May 5, 7-9:30 p.m. • A four-week class focusing on empowering the heart chakra so that we can love ourselves and others more. Intro meditation lecture and at least two months of mantra meditation prerequisite. $55 with member discount available. Call 734-449-4381; thielp17@yahoo.com.

Higher Consciousness Group with Interfaith Center • Thursdays, 7 p.m. • All are invited to join a group discussion to practice techniques to raise one's awareness of love with a local master who has experienced a profound shift of consciousness. Donations accepted. Call David Winfree at 353-0906; dave@interfaithspirit.org or interfaithspirit.org.

Ongoing Spiritual Discovery Group Based on the Works of Eckhart Tolle with Melanie Fuscaldo • Ongoing • Discussion and skill building based on the work of Eckhart Tolle. Practice releasing the ego and pain body. Experience silence, spaciousness, and the joy body. Awaken to your inner purpose. $30 per session. For dates and times, contact melaniefuscaldo.com.

Learn and Practice The Work of Byron Katie with Melanie Fuscaldo • May 31, Noon-1:30 • Learn how four questions can transform your life. Release stressful thoughts and emotions and live with more peace and joy. $30. Contact melaniefuscaldo.com.

Flower of Life Workshop 2000+ with Lorna Brown • June 5 and 12, 9-5 p.m. each day • Understand sacred geometry and learn to receive your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 428-8748; starlab6@aol.com or revlornabrown.com.

Flower of Life Workshop Reunion with Lorna Brown • July 10, 1-5 p.m. • All Flower of Life graduates are welcome to come, share, and reconnect with other students for review as well as discussion regarding current planetary happenings and events. $10. Call 428-8748; starlab6@aol.com or revlornabrown.com.

Munay-Ki: Nine Rites of Initiation with Lorna Brown • Five sessions beginning June 16, 7-9:30 p.m. • The prophecies of the ancient Americas speak about a new human appearing on the planet - one who lives free of fear and resides in his or her transcendent nature.The Munay-Ki are the codes for the new human and are delivered in the form of energetic transmissions. They come to us from the Inca shamen of Peru and are the nine gates that heal us and transform our human energy field into that of homo luminous. $40 per session/$200 total. Call 428-8748; starlab6@aol.com or revlornabrown.com.

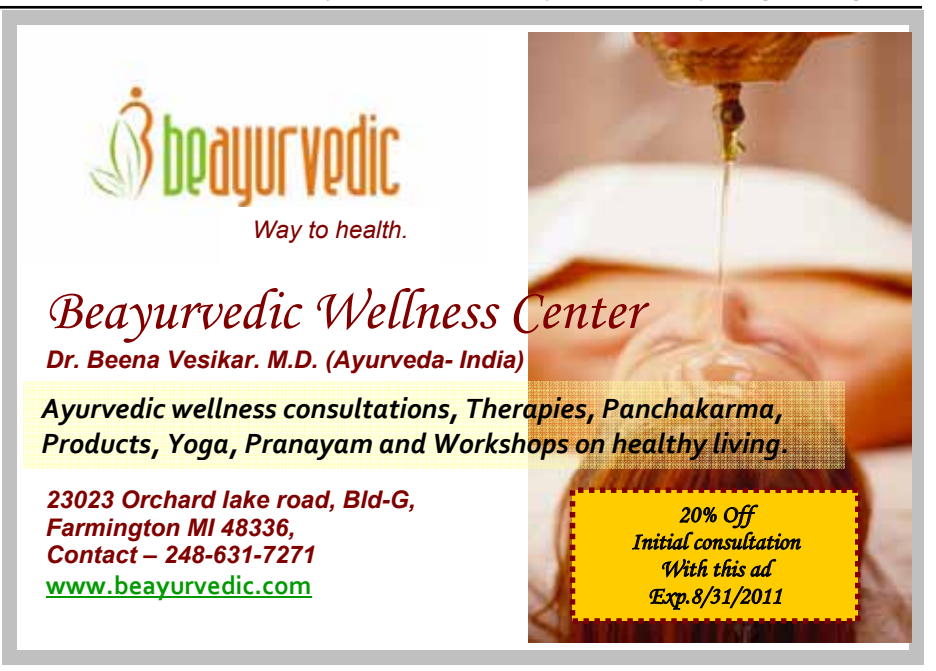
Women of the New Testament with Sarah Sharkey and Sam Carter Gilliam • July 22, 7 p.m .through July 24, 1 p.m. • The New Testament women's life-changing encounters with Jesus urge us to experience their stories personally, deepening the dimensions of our faith journeys. Their stories are our stories, their experiences ring strikingly true today, as they stretch and challenge our assumptions of what we think and know. $325 single occupancy, $225 double occupancy, $175 commuter. Call Weber Center at 517-266-4000; webercenter@adriandomincans.org or webercenter.org.

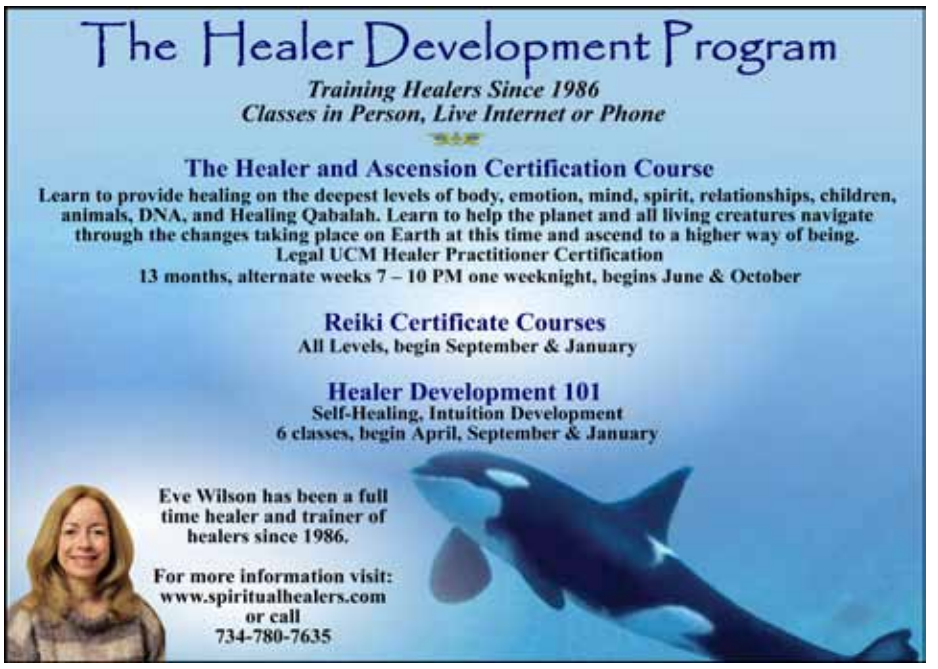
Holy Land Pilgrimage at Weber Center: An Experiential Journey • June 13, 3:30 p.m. through June 18, 1 p.m. • This is an opportunity to experience a journey and sacred place without leaving the country. Our pilgrimage will start at the Orthodox church of St. George in Madaba, Jordan where pilgrims since Byzantium gathered to map the holy sites. From there, we will travel to Nazareth, the Judean desert, Capernaum, throughout Galilee and then to Bethlehem and Jerusalem, where we will conclude our pilgrimage with Liturgy on Saturday at 11 a.m. $425 single, $325 double occupancy, $225 commuter. Call 517-266-4000; webercenter@adriandomincans.org or webercenter.org.

Mary, Mother of Jesus, in Islam with Mary Catherine Nolan • May 7, 10 a.m.-2:30 p.m. • This workshop will consider the Muslim understanding of Mary. Some passages in the Qur'an on Mary will be compared to passages both in the Christian gospels and in early Christian Apocrypha. We will consider whether mutual understanding on Mary's role in salvation will lead to better understanding between the two faiths. $35 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandomincans.org or webercenter.org.

Spiritual Alchemy with Karen Greenberg • Aug. 30, 6-10 p.m. • Learn a myriad of tools and techniques to change your vibration from a lower to a higher one, including but not limited to sacred letters, powerful archetypes, sacred oils, visualization, meditation, prayer, toning names of G-d, archangels, and more. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Developing a Personal Relationship with Your Creator/Higher Power/G-d with Karen Greenberg • June 13, 11 a.m.-3 p.m. • Learn how to create a still, quiet, sacred, meditative space in which to ask questions and receive answers from your Creator/Higher Power. Learn how to ascertain whether you are in your head thinking the answer, in your body feeling the answer or in your soul receiving the answer from spirit. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

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The Crazy Wisdom Calendar

Spiritual Development (continued)

Gifts of the Spirit with Karen Greenberg • Five-session class: June 7, 2-6 p.m.; June 21, July 12, July 19, Aug. 16; 6-10 p.m. • Learn how to create a sacred space in which to receive spiritual guidance on important questions. Learn to distinguish between answers your personality was hoping to hear, versus higher level information from your higher self, your master of light self, your archangelic self. Learn your power time of day, season, and many more spiritual tools. $75 per class. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Adept Initiations into the Golden Brotherhood and Sisterhood with Karen Greenberg • July 15, all day • Join together with people of all races, religions, nationalities, ages, and genders who wish to unify and make this world a better place. Allow the spiritual realms to embrace you, support you, and to provide networking opportunities to assist you in fulfilling your soul's purpose. $495. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Stress Management

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • May 24, 2-3:30 p.m. • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $30. Contact melaniefuscaldo.com.

Sustainability

Natural Building and Sustainable Living Classes with Deanne Bednar of Strawbale Studio • Early payment discounts available on all classes and workshops. For more information, contact ecoartdb@gmail.com or strawbale.pbworks.com.
Introduction to Natural Building and Sustainable Living • May 5 or June 3, 6-9:30 p.m. • Make an outing to the Strawbale Studio and see enchanting thatch roof structures and earth oven, rocket stove, greenhouse, and more. $35 includes vegetarian meal and video on strawbale homes.
Thatching Workshop with Michael Holmes and Deanne • June 11-13, 10 a.m.-6 p.m. • Learn the basics of making a thatched roof out of local phragmite and get hands-on experience. $125.
Full Moon Community Bonfire and Potluck • June 15, 6-10 p.m. • Learn more about upcoming workshops. There will also be an afternoon class from 1-5 p.m. Potluck free with donations welcome.
Living and Building in Community with Sam Wagner, Jim McDonald, Jared Bogdonov-Hanna and Deanne • July 15-23 • We start with a full moon potluck and bonfire, and end with a class in permaculture, herbalism, and natural building. This week of activities will include construction of a rocket stove heated bench, gathering of the Great Lakes Natural Building Network, round pole framing, and other sustainable living skills! $600.
Living and Building in Community co-sponsored by Transition Oakland • Aug. 12-18 • See above description, plus a re-skilling festival on Aug. 14 including cording from local materials, food preservation, worm composting, spinning, and more. Family-friendly.
Permaculture and Natural Building • Aug. 13, 10 a.m.-5 p.m. • Understand more about the qualities of the ground we walk upon as we explore soil in relation to permaculture and gardening as well as natural building. See above description Aug. 12-18. $60.

Tai Chi, Martial Arts & Self Defense

Tai-Ki Open House with Nigel Kerr • May 3, 10, 24; 6-7 p.m. • This is a chance for one and all to drop by and hear about Tai-Ki and try some of the basic movements! Tai-Ki is a relaxed, meditative exercise that focuses on balance and breathing, suitable for all ages and abilities. Free. Call 845-7917; nigel.kerr@gmail.com or sedgeofcranes.org.

Wu Style Tai Chi with Marilyn Feingold and John Adams at Jewel Heart • May 1-Aug. 21: Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. $5 donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 100.

Qigong with Annette Mullett • Tuesdays beginning May 3, 10-11:30 a.m. • Qigong is very powerful to health and well being in that it helps you to direct your "qi", also known as chi or life force, and can be life changing if practiced regularly. It helps the body align and return to its natural balance by moving qi smoothly through the energy meridians. It helps the mind and body work together and brings a feeling of bliss. All levels of fitness can practice. $10 class prepaid or $15 drop-in. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Tai Chi Chuan 1 with Stephen Harrigan • Tuesdays: May 10-June 21 or Wednesdays: May 11-June 22 • In this beginning class, based on the Yang style, you'll learn techniques to promote relaxation of the mind and body, centering, better balance, concentration, and improved health. $84. For times, call Tamika or Christine at 677-5060; lifelong-learning@wcc.net or wccnet.edu/lifelong-learning.

Tai Chi Chuan 2 with Stephen Harrigan • Tuesdays: May 10-June 21, 1:30-2:45 p.m. or Wednesdays: May 11-June 22, 7:30-8:45 p.m. • This class offers a higher level of instruction in Yang style tai chi chuan. You can work on the form at your own pace and practice some elementary pushing hands and application. Prerequisite: Tai Chi Chuan 1. $84. Call Tamika or Christine at 677-5060; lifelong-learning@wcc.net or wccnet.edu/lifelong-learning.

> Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.
>
> - Buddha

Wu Style Tai Chi Chuan with Genie Parker • Mondays, Wednesdays, Thursdays: 6-7:30 p.m.; Sundays: 4 p.m. (at Jewel Heart) • Wu style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. First class free. $45 monthly for one class per week; $70 monthly for two classes per week. Call 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Tai Chi Chuan Classes at Peaceful Dragon School • Spring session: April 11-June 30 • The Tai Chi form is a series of postures linked together in a continuous, fluid manner. As an internal Chinese martial art, the form integrates both physical and energetic mechanics that promote relaxation and presence of mind. Tai Chi is often characterized as a moving meditation. $180. For dates and times, call director Wasentha Young at 741-0695; peacefuldragonschool.com.

Chi Kung Classes at Peaceful Dragon School • Spring session: April 11-June 30 • There are four major characteristics of Chi Kung: medical; longevity practices using breath, movement and visualization; meditation practices promoting clarity of mind and spirit; and exercises that strengthen muscle energy. The Wild Goose Chi Kung system embodies all four. $180. For dates and times, call director Wasentha Young at 741-0695; peacefuldragonschool.com.

Martial Arts Classes with Huron Valley Aikikai • Classes offered Monday-Saturday in mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete schedule and costs, call 761-6012 or hv-aikido.com.

Martial Arts Advantage • Morning and evening classes offered daily • Offering an extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s. Classes include yoga, pilates, cardio kickboxing, bootcamp, and specialized martial arts training. First class is free. Memberships available. For complete schedule and costs, call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated at "the Way of harmony with nature or universal energy". Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strive to create harmony with nature. Children's classes offered Saturday mornings. First class is free for adults; $50 for five classes. $60 per month for beginning children or $70 for advanced. For complete schedule, call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes offered • Traditional, fully asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Classes include Juko Ryu Hakutsuru White Crane Kempo (Hard Fist) and Kin-da (Locking and Throwing), Juko Ryu Aiki Inyo Tai Ki (similar to Tai Chi), and Juko Ryu Aiki Inyo Goshin Jutsu (self-defense art). For complete schedule and costs, call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes offered • Martial arts classes include Aikido, Kung-Fu, Karate-do, Tai Chi, Wing Chun, and Lion Dance, with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in asian culture, providing the opportunity for improved health and self-cultivation while accurately representing and transmitting the technical, cultural, and spiritual aspects of our martial arts traditions, and contributing to the progressive evolution of the living art form and its propagation. Children's program offered Mondays and Saturdays includes Karate-do, Judo, and Aikido. For complete schedule and costs, call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Monday and Thursday evenings, Saturday mornings • Classes include Chen style tai chi ch'uan basic practices, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance, relaxation, and whole body unity. $85 per month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center Classes • Ongoing classes offered • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. If you're ready to increase your focus, stamina, confidence, and coordination, come and learn valuable and practical self-defense. Children's program teaches life skills that provide the knowledge kids need growing up today, including the five tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control, and indomitable spirit. For complete schedule and costs, call 994-9595; questions@bcyu.com or bcyu.com.

Okinawan Karate Club of Ann Arbor with Barb Christensen • Various classes held weekly • This club is a group dedicated to the teachings of Grandmaster Eizo Shimabukuro's karate, kobudo, and jujitsu. Classes available for women, teens, and children. For more information, call 678-3882; senseibarb@karateannarbor.com or annarborokinawankarate.com.

Ann Arbor College of Martial Arts • Various classes held weekly • This school offers a comprehensive self-defense system. It is also a fitness, health, and personal defense center with classes in martial arts, cardio kickboxing, Pilates, zumba, children's fitness, women's self defense, and shaolin martial conditioning. For more information, call 913-6000; A2CoMA@gmail.com or A2CMA.com.

Martial Arts at Quest Center • Classes held Monday-Saturday • Offering karate for kids program, family martial arts program, and a self defense program. For more information, call 332-1800; questcenter@sbcglobal.net.

Peaceful Dragon School

T'ai Chi Ch'uan and Chi Kung

1945 Pauline Blvd., Suite B, Ann Arbor 734.741.0695

About the School

Since 1990 the Peaceful Dragon School has offered a comprehensive program and workshops in the healing arts of Tai Chi, the Energy Work of Chi Kung, and Meditation.

If you would like to learn self-help relaxation techniques, increase your balance and concentration, or to promote a sense of harmony of well being, you will find that the high quality of education and professional care at the Peaceful Dragon School can support your goals.

- Stress Management
- Harmony of Energy
- Ongoing Classes
- Private Sessions
- Workshops
- Retreats

About the Director

Wasentha Young is a Master and scholar in the arts of T'ai Chi and Chi Kung with over 40 years of experience. She has also received formal instruction in Taoist and Buddhist meditation, and achieved certification in Acupressure.

Registration and Information

Website: PeacefulDragonSchool.com

Phone: 734-741-0695

Find us on Facebook

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • $1 per minute. No appointment necessary. Call 734-660-9680; rebeccawilliams999@comcast.net.

Drop-In COSMO Readings with John Fredericks in the Crazy Wisdom Tea Room • First and Third Saturday of each month, 10:30 a.m.-1:30 p.m. • Take a moment to explore your inner psyche and cosmic connections with COSMO, a delightfully rational divination system. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool to explore the complexities of our lives. $1 per minute. No appointment necessary. Call 368-1780, johnrhino@comcast.net.

Drop-In Tarot and Astrology Readings with Jillian Kerry in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. • Jillian uses Tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. Value based payment system. No appointment necessary. Call 395-4999, jilliankerry@gmail.com.

Drop-In Intuitive Tarot Readings with Joshua Wilde in the Crazy Wisdom Tea Room • Sundays, 11:30-2 p.m. • Joshua Wilde studies the Tarot from a wide variety of angles: psychological, Kabalistic, astrological, numerological, and esoterically. $1 per minute. No appointment necessary. Call 517-402-3260, heyyou@overthere.net.

Palmistry Readings with Vijayalaxmi Shinde in the Crazy Wisdom Tea Room • Sundays, 2:30-5:30 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. Call 734-222-9160.

Readers/Healers Night • First Monday of each month, 7-10 p.m. • Come join us for a night of fun and more! Psychics, healers, fun, door prizes, clairvoyants, angel readings, Reiki, massage, tarot, and esoteric healing. This is an opportunity to come experience many wonderful healing and spiritual modalities presented by gifted practitioners, or you can learn ways to improve and expand your life through numerous interesting topics presented by some of the area's most dynamic speakers. $5 admission with extra fee for readers and healings. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Toe Reading Workshop with Deb Foggio • June 25, 10 a.m.-1 p.m. • This workshop teaches how the toes and feet are full of information about your life. As your life changes, so do your feet. They show if you are walking your destined path. By looking at the feet, you can discern a person's history, personality, challenges, and more. Come learn how the feet can give you a snapshot of a person's life. $65. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Psychic Sunday: A Special Reading Day • June 26, Noon-5 p.m. • You will have access to different readers with different abilities to tap into other realms, communicate with angels, spirit guides, loved ones or teachers in order to give healing or helpful messages. Prices vary depending on type of reading. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Tea Events

Tea with the Fairies at Crazy Wisdom Tea Room • May 8 for Mother's Day: 1 p.m. seating • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $11 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; jerri@crazywisdom.net or crazywisdom.net.

Theater

Marie Antoinette: The Color of Flesh by Joel Gross at Performance Network • July 28-Aug. 28 • Romantic historical fiction directed by Shannon Ferrante. Spanning two politically explosive decades surrounding the French Revolution, this elegant boudoir drama weaves politics, history, romance, and art. Starring Chelsea Sadler, Jill Dion, and Drew Parker. For tickets, call 663-0681; performancenetwork.org.

The Cage: A Staged Reading with Richard von Ritter • May 18, 6:30 p.m. at Crazy Wisdom Tea Room • A staged reading of a play concerning the conflict between two sisters. Free and open to the public. Call 223-3728; rvonritter@gmail.com.

The Crazy Wisdom Calendar

Theater (continued)

Wild Swan Theater Performances • This professional adult troupe performs family-oriented theater. Productions are usually original scripts adapted from classic and contemporary children's literature. Tickets $10 youth/senior and $15 adult. Call 995-0530; wildswan@wildswantheater.org or wildswantheater.org.
Treasure Island for Ages 7-14 • May 13-15

Theosophy

Studies in the Secret Doctrine and the Stanzas of Dzyan with Mara Radzvickas • Tuesdays, 7-9 p.m. • Beginning with an indepth exploration of the Stanzas of Dzyan, we attempt to give voice to our best understanding of the mysterious and often paradoxical descriptions of cosmic beginnings and man's place in the great scheme. Drawing on multiple sources, this is an ongoing open-ended exploration of fundamental theosophical concepts. No charge. Call 248-545-1961; tsdetroit@inbox.com or tsdetroit.org.

Book Study: "To Light a Thousand Lamps" by Grace Knoche with Marina Sionov • Second Monday of each month, 7 p.m. • Written with directness and warmth, this book shares a universal perspective on the central questions of human existence, while providing practical insights on daily living and spiritual growth. Offering a thoughtful critique of religious and scientific views and current practices in light of theosopy, the author presents the foundation ideas of mankind's spiritual heritage, addressing our responsibility as partners in a oneness that reaches to the core of each and every being. Call 248-545-8553; vasselisa@gmail.com or tsdetroit.org.

Public Program: Videos and Lectures based on Theosophical and Spiritual Subjects with Theosophical Society in Detroit • Fridays after Labor Day until June, 7 p.m. with doors open at 6:30 • A series of lectures and facilitated videos present ideas consistent with theosophical and spiritual thought. Many are recorded by The Theosophical Society during various classes and public presentations featuring well known speakers. The ideas raised lead to great discussions following the viewing. $5 donation. Call Gary Contesti at 248-545-1961; contestig@comcast.net or tsdetroit.org.

Therapy and Support Groups

Open Your Heart to Love through Systemic Family Constellations with Deb Foggio and Jane McLaren • June 3, 7-10 p.m. or June 4, 10 a.m.-4:30 p.m. • Freeing yourself from entanglements of the past can create space in your heart to receive love in the present. Systemic Family Constellations is a powerful healing process that gets to what's hidden within us. $25 for Friday, $75 for Saturday or $90 for both. Call Jane at 248-705-1111; avastarinc@comcast.net or integrativewellbeing.com.

Family Constellation with Jagat Jonnalagedda • May 15, 3-5:30 p.m. at Crazy Wisdom Community Room • Family Constellations can help resolve misunderstandings, entanglements, and blocks in family. Uncover reasons for physical and emotional suffering and take steps toward healing. Free. Call 847-477-4190 or 248-982-3642; jagat_j@hotmail.com or familyconstellations-chicago.com.

Transpersonal Psychology

Two-Year Program to Open the Heart with Carol Blotter • Begins early Summer 2011 • An intensive training through the internet, email, and conference calls filled with teachings and practices covers topics ranging from resolving issues from our past that prevent us from living in the present moment; cultivating skillful mind states such as gratitude, generosity, patience, and compassion; working effectively with fear and other afflictive emotions; and developing equanimity with the process of aging, illness, and death. The second year is based on the practice of insight meditation with sections of the emailed instructions and practices covering cultivating mindful awareness of the body, feelings, states of consciousness, and cognitive processes. By donation. Call 475-0942; cb.meditate@gmail.com or chelseameditation.com.

Ann Arbor Ken Wilber Meetup Group with Dennis Hunt • May 21, June 18, July 16, Aug. 27; 2:30- 4:30 p.m. at Crazy Wisdom Community Room • Discussion related to the integral philosophy of Ken Wilber and related topics. $5-$10 suggested donation to cover expenses. Visit website for upcoming topics. Call 658-7619; dhunt98@earthlink.net or meetup.com/kenwilber-32/.

Wilderness Awareness

Wilderness Survival and Skills Class with Frank Levey • May 22, June 4 or June 5; 9:30 a.m.-12:30 p.m. • This hands-on class, for adults and mature teens, will cover basic skills designed to keep us safe and secure in a wilderness setting. After first reviewing primitive orienteering, how not to get lost, and how best to get found, we will cover the essentials of outdoor survival. Prepared with only the clothing we have on, we will learn how to provide for our essential needs including shelter (insulation), water, fire, and food. $30. Call 657-8742; frank@awakenedbreath.net or blueturtlenaturecamp.com.

Womenspirit

Sophia Unfolds: A Cross-Generational Dialogue on Feminine Wisdom and Leadership with Mara and Andrea Evans • Aug. 12-14 at Windrise Retreat Center • Sophia Unfolds is a retreat for women being called to participate in change. Open to women ages 15 and up. Call Mara at 255-0852; sophiaunfolds@gmail.com or sophiaunfolds.com.

Women's Circle Meditation with Jennifer Beard • Fourth Tuesday of each month, 7-8:30 p.m. • Come sit in circle with your sisters and learn a different form of meditation each month. Share stories, share feelings, and know that you are not alone on your path. We as sisters travel it together. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

> If one advances confidently in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with a success unexpected in common hours.
> - Henry David Thoreau

Work & Right Livelihood

Growing Your Business Series • 5:30-7:30 p.m. • Call Tammy Burgess at 239-2572 for necessary paperwork; tammy@womenmakingconnections.com or womenmakingconnections.com.
Are You Googleable? with SEO Experts and Google Staff • May 4 • Learn what Googleable means and how you can get your business information out to your target market. Consumers and clients are constantly on the internet searching Google for products and services. Make sure they find you so you don't lose business opportunities to your competitors. Free.
Where Is Your Tipping Point? • June 7 • What would it take for you to take your business and your life to the next level? Do not let yourself get stuck in a rut, going through the motions, without passion and excitement. Tap into this abundant resource and make it your time to tip. $30 with prepayment discount available.
International Networking • June 23 • Even if you are a small business owner, you should never limit yourself to southeast Michigan, and this goes for the big corporations, too! With today's technology and the connections you make in our diverse network, soon you'll be managing clients and customers from across the globe. $30 with prepayment discount available.
First Impressions • July 26 • We all know our business so well sometimes, we miss the small things that might not show us in the best light. Don't miss this opportunity to see your business in a new light. $30 with prepayment discount available.

Rebuilding Your Business by Infusing Spirituality with Karen Greenberg • June 1, 6-10 p.m. • Uncover and remove your hidden, sabotaging beliefs, emotions, behaviors, and patterns that prevent you from creating, receiving, and sustaining the prosperity that is your birthright. Replace them with universal spiritual principles, laws, and practices. $75. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Live Your Career Dream with Melanie Fuscaldo • Part 1: May 20, Part 2: May 27; Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Contact melaniefuscaldo.com.

Writing & Poetry

Strategies for Journaling with Debra Williams • June 16, 7-8:30 p.m. • Learn to channel your inner voice through your pen to the page. A variety of activities and techniques will be introduced to spark self-expression. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Dialogue with the Awakening Woman with Nada Crystal • June 1, 29, July 5, 18; 6:30-8:30 p.m. at Crazy Wisdom Community Room • Come experience the benefits of awakening and embracing the natural feminine wisdom through Inner-g (goddess) writing. Discover how writing from within aids in relieving worry, anxiety, guilt, and stress, and increases clarity, focus, and will. The journey of self-recovery and healing begins with you. Are you ready to write yourself free? $25 per class. Call 313-286-1260; woman.arise@yahoo.com.

Memoir Writing: Diving for Pearls with Jill Blixt • Five Tuesdays starting April 28, 6-9 p.m. • Writing memoir is akin to diving for pearls, for we have to plumb the mysterious depths of memory with patience and persistence. One by one, we will gather our individual pearls, the memories that can reveal our story with depth and clarity. We are the ones who can give meaning to our experience. Memoir is a powerful, creative endeavor. Come practice the writing tools and dive for your pearls. Whether you want to write for publication or personal enrichment, give your self the gift of joining like-minded peers in a safe and nurturing environment. $120 if paid in advance. Call 657-5280; jillblixt@aol.com.

Yoga

Introductory Talk: Inner Engineering Program with Saloney Arora • May 15, June 5, July 17; 1-2 p.m. at Crazy Wisdom Community Room • Derived from the Yogic Sciences, this online yoga and meditation program offers a technology for achieving the peak of well-being. The course offers a method of self-empowerment and personal growth, allowing you to eliminate stress, and enhance mental focus and clarity. Experience relief from chronic ailments and open the possibility of living life to your fullest human potential. Free. Call Mindy Matice at 332-8059; innerengineering.com.

Yoga Classes with Karen Ufer at Yoga Focus • Nine-Week Session: April 11-June 12 • This system of yoga stretches, strengthens, and enhances well being through the effort of muscles, organs, nerves, and circulation. Many classes available for all levels, including prenatal and gentle, based on the work of B.K.S. Iyengar. $15 drop-in or $117 for session. Call Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Gentle Yoga Class with Janine Polley • Thursdays, May 19-July 7 or July 14-Aug. 25; 1-2:30 p.m. • Tapping into the body's natural healing responses, this soft and basic Hatha Yoga class blends focused breathing with movement to relieve chronic aches, pains, and stiffness. Beneficial for those with arthritis, fibromyalgia, headaches, back discomfort, and other health challenges. $70 for eight weeks. Call 747-9635; jdpolley@comcast.net or tlccaa.com.

Bikram Yoga Classes • Morning, afternoon, and evening classes offered daily • Bikram Yoga is practiced in a 105 degree room. Be prepared to sweat! All class times are good for beginners. Try honesty and you will receive 100% benefits even as a beginner. New student special: ten days for $20. Call Lora Rosenbaum at 975-0505; bikramyogaa2@gmail.com or bikramyogaannarbor.com.

Private and Semi-Private Yoga Instruction with Bhakti Yoga with MJ LaDuke • Monday-Saturday, 9 a.m.-6 p.m. • Relax in a private setting and experience customized yoga based on individual needs. Benefits include energy balancing through chakra assessment, stress reduction, building core strength, and increased muscle tone and flexibility. Hatha, vinyasa, restorative, chakra, and more available. $12-$50 per hour. Call 586-929-0806; mj@bhaktiwellness.com or bhaktiwellness.com.

Ann Arbor School of Yoga Summer Session with Laurie Blakeney • Classes begin May 9 • Classes for all levels and all times of the day with special theme classes for the summer, too! Iyengar yoga emphasizes instructive classes that teach students correct form and practice strategy. There are appropriate classes for all people regardless of age or health condition. For cost, call 663-7612; annarborschoolofyoga.com.

Yoga in the Apse at University of Michigan Museum of Art • May 10, 17, 24, 31; 5-6 p.m. • Based in Hatha style, this class encourages relaxation, strength, flexibility, and balance with an emphasis on integrated breathing techniques in standing, sitting, and supine postures. All levels welcome. Pre-registration required. $50 with employee discount available. Call 647-7888 or mhealthy@umich.edu or mhealthy.umich.edu/exercise.

Yoga Classes at The Yoga Room with Christy DeBurton • The Yoga Room offers a relaxed and intimate atmosphere, an alternative to commercial studios and gyms. Classes are small, a maximum of 12 people, to allow individual attention. For description and fees, call 761-8409; info@christydeburton.com or christydeburton.com.

Monday:
4:30 p.m. • Hatha
5:45 p.m. • Vinyasa
7 p.m. • Hatha
Tuesday:
9:30 a.m. • Hatha
5:45 p.m. • Vinyasa
7 p.m. • Energy Flow
Thursday:
4:30 p.m. • Hatha
6 p.m. • Vinyasa
Saturday:
8:30 a.m. • Vinyasa
10 a.m. Energy Flow

The Crazy Wisdom Calendar will be posted online starting April 26, 2011 at crazywisdom.net.

Ann Arbor Holistic Resource Guide

Comprehensive. Useful.
Trusted. Accurate. Online.
Over 450 listings in 160+ categories.

***The place to go* for information about holistic practitioners in southeastern Michigan. And if you are a practitioner, please join in. It's easy to get listed - just register and you can include photos and multiple category listings. And it's free.**

www.annarborholistic.com

Polarity Intro Class
Scheduled for Ann Arbor in June

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(313) 647-0038 or www.PolarityCenter.com

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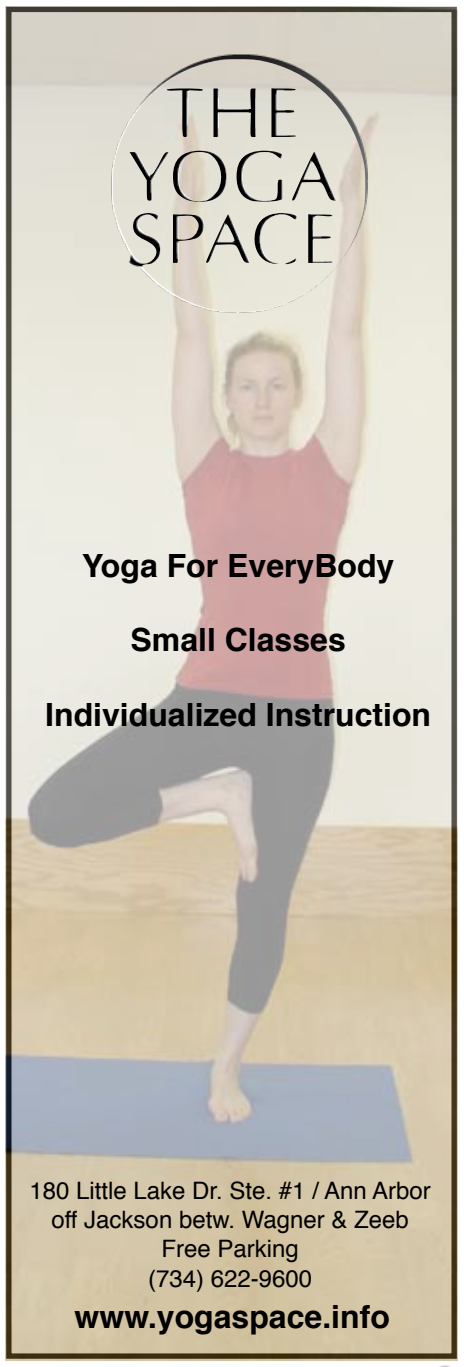

We pay writers. And bloggers, too!

We are looking for good articles and interesting blogs about the holistic scene…reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

For more info, be in touch with bill@crazywisdom.net

The Crazy Wisdom Calendar

How to Practice: Setting Up a Home Yoga Practice with Sally Rutzky at The Yoga Space • May 21, 1:30-3 p.m. • $50 includes materials. Call Sue at 622-9600; yogasue@mac.com or yogaspaceannarbor.com.

Free Yoga Class with Sue Salaniuk at The Yoga Space • May 27, June 24, July 29, Aug. 26; 6-7 p.m. • Free. Call Sue at 622-9600; yogasue@mac.com or yogaspaceannarbor.com.

Introduction to Yoga with Sue Salaniuk and Sally Rutzky at The Yoga Space • May 7-30, June 4-27, July 9-30 or Aug. 1-22: Mondays, 7:30-8:30 p.m. or Saturdays, 11:15 a.m.-12:15 p.m. • $35 for four weeks. Call Sue at 622-9600; yogasue@mac.com or yogaspaceannarbor.com.

Yoga Classes with Michele Bond of Yoga House • Anusara blends the science of biomechanics with an openhearted, uplifting philosophy. Anusara brings us Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun! Learn to look for the good in yourself as you enjoy a dynamic practice. $13 if registered or $17 drop-in with permission. Call 358-8546; yogahouseannarbor.com.
Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 9:30-11 a.m. or 6:30-8 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class based on the teachings of Anusara Yoga.
Yoga for Athletes • Wednesdays 6-7:30 p.m. • Enjoy an energetic practice to increase strength, flexibility, agility, balance, and mental focus. Learn how correct alignment enhances joint function, decreases risk of injury, and can aid in healing pre-existing injuries.
Yoga Essentials • Tuesdays 5:45-7:15 p.m. or Thursdays 7:45-9:15 p.m. • For those new to yoga or new to this system. Begin a journey into the principles and philosophy and learn the essentials for a rewarding practice.
Yoga Happy Hour: Restorative Yoga • Fridays 5:45-6:45 p.m. • Relax in a peaceful, serene setting as you discover the joys of restorative yoga. Simple breathwork to balance your energy, gentle stretching, and supported postures help your stress melt away. No yoga experience required. $10 if registered or $12 drop-in with permission.

Yoga Classes at Zen Buddhist Temple • Beginning and experienced students in the classes learn traditional (hatha) yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill early. $12 drop-in. Call 761-6520; annarbor@zenbuddhisttemple.org.
Yoga I • Four Tuesdays beginning May 31, 6-7:30 p.m. • $40 for four sessions.
Yoga II • Six Tuesdays beginning May 31 and July 5, or Six Thursdays beginning June 2 and July 7; 6:30-8 p.m. • $60 for six sessions.
Yoga Retreat/Workshop with David Black • June 4, 10 a.m.-4 p.m. • $75.

Iyengar Yoga Classes at Harmony Yoga of Ann Arbor with Karen Husby-Coupland • Spring session begins April 25 • Yoga classes taught in the Iyengar method are available for beginners and more experienced students. There is also a Gentle class for those who prefer a slower-paced, more supported approach to the practice of yoga. Classes are small to medium-sized in a friendly atmosphere. $16 drop-in with discounts available for registering for a session. Call 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

Yoga Classes with Ema Stefanova • Early payment discounts often available. For complete descriptions, dates, times, and costs for all classes**, call 665-7801; emastefanova@cs.com or yogaandmeditation.com.**
Open Level Yoga • Wednesdays, 9:15-10:30 a.m. or Fridays, 9:30-10:45 a.m. • Holistic, common sense, whole people (not only physical) class. Excellent workout for the whole body and mind. Special cushioned floor. No sticky mats needed. Be**ginners welcome.**
Yoga and Meditation Day • May 8, 22, June 12, 19, 26, July 10, 24, Aug. 7; 9:30-3:30 • Two in-depth yoga classes and two in-depth workshops include chakra meditation and yoga for anxiety and depression. Beginn**ers welcome. $150**
In-Depth Yoga and Yoga Therapy Studies 100, 200, and 500 Hour Programs • For all who want to enrich their lives, yoga lifestyle, improve health or add quality medical yoga therapy and meditation to their professional mental health toolkit. CEUs avail**able. All levels.**
Cardio Yoga • Mondays, 8:30-9:30 p.m. or Fridays, 6:30-7:45 a.m.

Yoga Classes with Evolve Yoga • Ongoing classes offered weekly • A sacred space for physical, mental, and spiritual evolution. Energize the body, expand the mind, and enliven the spirit. Classes include Basic, Flow, Prenatal, Restorative, Slow Flow, Rise and Shine, Vinyasa, Vipassana Meditation, and Yoga at the Wall. $100 for ten classes; $10 drop-in with first class free. Veteran, student, senior, and family discounts. For complete schedule, please call 454-9642; evolve-yoga.net.

Yoga Classes with Sondra O'Donnell and Certified Sun Moon Yoga Teachers • Ongoing classes offered • Classes include Basic, Yoga Nidra, Spirited, Better Backs, Kripalu, and Pranayama. $14 drop-in with reduced rates for registration or package purchase. For more information, please call 929-0274 or sondra@annarboryoga.com or sun-moon-yoga.com.

Yoga (continued)

Yoga Classes through Inward Bound Yoga • Spring: May 2-June 18, Summer: June 20-Aug. 6 • Inward Bound Yoga offers a variety of approaches to the ancient discipline of yoga, including several levels of hatha yoga instruction, prenatal and postnatal yoga, Ashtanga yoga, meditation for yogis, and several flow classes coordinated with music. For class descriptions and fees, visit ibyoga.com. To contact Inward Bound: info@ibyoga.com.
Monday:
4:30-5:30 • Viniyoga with Sandy
5:45-7:15 • Level 2-3 with Martha
7:30-9 p.m. • Level 1 with Caitie (Spring)
Tuesday:
9:30-11 a.m. • Morning Yoga with Lynette
6:30-8 p.m. • Level 1 and 2 with Martha (Summer)
7:30-8:45 p.m. • Vinyasa Yoga with Caitie (Spring)
Wednesday:
4-5:15 p.m. • Breath, Meditation, Posture with Caitie (Spring)
5:45-7:15 • Level 2 with Lynette
7:30-9 p.m. • Level 2 with Martha (Spring)
Thursday:
5:30-7:15 p.m. • Flowing Yoga to Music with Aileen
7:30-9 p.m. • Level 1-2 with Barbara
Friday:
7:30-8:30 a.m. • Wake-Up Yoga with Roddy
9:30-11 a.m. • Prenatal Yoga with Marlene
11:15-12:30 • Postnatal Yoga with Marlene
Saturday:
8:15-10 a.m. • Ashtanga Yoga with Jonathan

Yoga Classes for All Levels with Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Pam Lindberg at The Yoga Space • Various dates and times offered, May 9-Aug. 19 • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of individuals. Classes offered during weekdays, evenings, and Saturdays. Eight-week series: $92 for 90 minutes or $120 for two-hour class. For class schedule, call Sue at 622-9600; yogasue@mac.com or yogaspaceannarbor.com.

Home Funeral ~ The Art of Caring For Our Own Dead

By Merilynne Rush

When I die, I want my body to be cared for by those who knew and loved me. I don't want my body to be left alone, stored in an unfamiliar facility, and handled by strangers. And when someone I love dies, I want to be involved in caring for his or her body. I want to be at home with them and be able to sit with them in familiar surroundings where I don't have to worry about what time it is or how to get there or what to wear. In that setting I think I will best be able to be in touch with my feelings, begin to accept the death and deal with the sorrow.

> We are led to believe that avoiding being around the dead will spare us pain and discomfort. I believe just the opposite: Caring for our own dead helps us face the reality of what has happened and helps us to say good-bye.

But what about the body? Is it okay to be around it? Is it legal to have it at home? Won't it be unclean or dangerous, or scary, or weird?

Our ideas about caring for the dead have been so shaped and influenced by recently developed funeral industry practices that we don't know how to do it ourselves or even that it's possible or beneficial to be involved. We have separated ourselves from thinking about death, caring for death and being around death. In the last few generations we have lost the art of caring for our own dead.

It used to be that when someone died, a friend or relative, or perhaps the local midwife, came to the home where the person died. They helped wash and dress the body and lay it out in the front parlor (that's how funeral 'parlors' got their name). Friends and relatives would visit, spend time with the family, pay their respects, say good-bye and then process to the local cemetery for burial, usually within a day or two.

What has changed? Death still comes to all of us. People still mourn and feel loss. People still desire to gather together and comfort each other and help each other. But only occasionally do we choose to see or be with the body of our loved one. It has become the norm for someone else to care for the body. If we choose to see the body, it is only after it has been chemically and cosmetically enhanced, in an expensive box and in an unfamiliar place.

We are led to believe that avoiding being around the dead will spare us pain and discomfort. I believe just the opposite: Caring for our own dead helps us face the reality of what has happened and say good-bye.

I would like you to know that you can choose to care for your own loved one at home in the hours and days immediately after his or her passing. If they have died at home, you can keep them at home. If they have died in a care facility, you can have them brought home.

Illustration by Collin McRae

You can choose to wash and dress the body. You can choose where to place the body (on a bed or sofa) and to adorn the body with favorite items of clothing, beauty or meaning. You can choose if and when to have visitors. Prayers or songs or chants can be said or sung (or not), and people can gather in comfort, taking as much time as they need.

It is legal to do this. It is safe and simple. It is healthy and helpful. Only our lack of awareness of the alternative to conventional practices and our communal loss of the art of caring for our dead prevent us from considering this loving and caring option.

Photo by Carol Karr

Merilynne Rush, Home Funeral Guide, is a nurse and midwife, with 25 years professional experience, who educates and consults about natural death care options, including home funeral and green burial.

Seeing the body and helping to care for it can help one come to grips with the reality of death. Being personally involved in the care of the body is a beautiful expression of love and honor. Having the body of a loved one in a natural state and in a familiar place is comforting and nurturing. I have seen how it helps one begin to mourn and heal.

There's help for you to do this. A Home Funeral Guide is a person who is specially trained in leading you through this process in a way that is meaningful for you and for your circle of support. The guide will meet with you ahead of time to help you plan, and is available at the time of death to support you in the process of caring for your loved one at home. She will help you create a safe and sacred space. It is possible to do this by yourself, but because it can be an overwhelming emotional time, it is a great comfort to have someone else pave the way.

> Being personally involved in the care of the body is a beautiful expression of love and honor.

Caring for your own dead at home is what's known as a "home funeral." Plan ahead to choose a home funeral, not a funeral home.

Here are answers to some of the most common questions about home funerals:

- It is legal for the family to care for their own dead.
- The body does not need to go to a funeral establishment.
- Embalming is very rarely required by law.
- The body is cooled with small amounts of dry ice.
- A licensed funeral director is required to sign the death certificate and supervise final transport to the crematory or cemetery, but not to be present in the home.
- If the person has not died at home, funeral home staff must transport the body from the care facility to the home.

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Merilynne Rush, Home Funeral Guide, is a nurse and midwife, with 25 years professional experience, who educates and consults about natural death care options, including home funeral and green burial. You can learn more by visiting her website, www.AfterDeathHomeCare.com.

Teachers, Lecturers, Workshop Leaders and the Centers

A2YP.TV is a Washtenaw County-based internet TV station focused on bringing increased exposure to the businesses, culture, and people of Washtenaw, to the people of Washtenaw, and the world. A2YP.TV is a wholly owned subsidiary of Dark Elf Entertainment, Inc.

Aaron is a "spirit who has been a Buddhist monk and scholar in previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition", channeled by Barbara Brodsky.

Betsy Adams has provided more than 30 years expertise with animal friends to kennels, veterinary clinics, and invidivuals to assist animals and their companions.

Deeksha Agarwala is an energy practitioner, Certified Pranic Practitioner, and Reiki Master.

Nia-Avelina Aguirre, ND, is a board certified Naturopathic Doctor, exercise specialist, natural health educator, and therapist. She teaches three levels of herbology classes at the Naturopathic Institute of Therapies and Education.

Aikido Yoshokai Association of North America is a non-profit educational corporation established by Takashi Kushida-sensei, and is dedicated to teaching Yoshokai Aikido and educating the general public about Aikido in particular and Japanese Budo in general.

Don Allen is a musician, teacher, and practitioner of esoteric healing arts. He is a trained Health Rhythms Facilitator and Drum Circle Facilitator, and teaches classes in culturally specific drum rhythms at the college and high school level.

Christine Allyson is a life coach and author of *So You Want to Make a Change?* She is a certified hypnotherapist and speaker with over 25 years experience as an expert on change and transformation.

Ann Arbor Institute of Massage Therapy instructors are highly trained to assist each student on an individual basis. All belong to a massage therapy organization and are certified by the National Certification Board for Therapy Massage and Bodywork, which requires ongoing continuing education.

Ann Arbor Kirtan has been chanting together for four years, comprised of both professional musicians as well as those with a strong foundation in the Kirtan practice.

Ann Arbor Open Meditation leaders are experienced meditators and include Libby Robinson, Becky Freligh, Brodie Burris, Frank Anderson, Frank Levey, Diana Gonzalez, and Paul Najar.

Saloney Arora has been an Isha meditator for five years.

Asian Martial Arts Studio originated in 1970 and strives to teach the martial arts tradition as a living art form by continuing to evolve and serve as an expression of the development of the practitioners.

Nancy Bahlman is an astrologer and teacher.

Ann Barden has been practicing Vipassana and teaching for many years, and trained with Barbara Brodsky of Deep Spring and Matthew Flickstein of Forest Way.

Sandy Baumann, MS, is a wellness educator, writer, and former chemistry teacher.

Jennifer Beard has a Culinary Arts degree, is a Certified Nutritionist, and a Master Herbalist. She has developed her own line of essential oils and herbal teas.

Deanne Bednar has been a teacher since 1968 with a Masters in Social Ecology, and is a trainer in sustainable skills, including earth ovens, strawbale construction, earth plasters, and thatching. She is coordinator of Strawbale Studio Natural Building & Sustainable Living Skills program.

Rev. Dave Bell is a graduate of the New Seminary in New York City and is a board member of the Council of Interfaith Congregations.

Mara Evans and her daughter, Andrea Evans, will be leading a workshop entitled: **Sophia Unfolds: A Cross-Generational Dialogue on Feminine Wisdom and Leadership**. (For more information, see the Calendar Listing in the Womenspirit section.) Mara is a transpersonal psychologist, and Andrea recently graduated with a degree in International Relations, with a focus on Gender Studies.

Bikram Ann Arbor yoga teachers are all certified by Bikram.

Laurie Blakeney has an Advanced Level Teaching Certificate granted to her by B.K.S. Iyengar. She began her yoga studies in 1971, and has studied annually in Pune, India at the Iyengar Institute since 1983.

Jill Blixt is a creativity and life coach, motivational speaker, and working writer/artist. Her career has included 20 years as an owner/creative director of an advertising agency and seven years as co-founder of an art gallery in Ann Arbor.

Carol Blotter has been praciticing Insight Meditation since 1989 and has been teaching since 1999. She is a teacher in The Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth, and is a teacher at Deep Spring Center.

Susan Bloye brings over 20 years experience teaching art and Tai Chi. She has a BFA from the UM School of Art and an M.Ed. in Art Education from Wayne State.

Body-Mind-Spirit Wellness Center is proud to be a home to alternative practitioners. Instructors, counselors, and therapists use the center to share their expertise and knowledge with the community.

Jared Bogdonov-Hanna has a certificate in Permaculture, teaches classes in the field, designs gardens, and is the director of Oakland Univ. 2011 Student Organic Garden.

Michele Bond has an entire lifetime devoted to fitness and wellness, with over 500 hours of training with the top teachers of Anusara Yoga, including John Friend. She has a strong background in martial arts, dance, and competitive synchronized swimming, along with training in gymnastics, stunt fighting, and swordplay.

Father Peter Bowes is a Christian mystic and author of three books, and is a singer-songwriter of Christian folk music.

Jane Bradley is the author of two acclaimed story collections and a novella, *Power Lines*, which was named a New York Times Notable Book. She teaches at Univ. of Toledo, OH.

Kathy Braun is the director of Ann Arbor Hypnotherapy. She is a Clinical Hypnotherapist, energy medicine practitioner, and meditation and yoga teacher.

Breastfeeding Center of Ann Arbor, LLC, offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations onsite or in your home with Barbara Robertson, support groups, and breastfeeding-related retail, including slings, pumps, and nursing bras for women of all sizes.

Patty Brennan, director of Center for the Childbearing Year, has been an advocate for childbearing families for nearly 30 years as a childbirth educator, doula trainer, midwife and author.

Carol Brodbeck and **Monica Milla** are both master gardeners with over 70 years combined gardening experience and 1,700 combined hours of volunteer service.

Barbara Brodsky is founding teacher of Deep Spring Center and has been practicing meditation since 1960. Teaching since 1989, she draws on dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972 and is channel for the spirit, Aaron.

Jennifer Poineau Brown earned her bachelor's of science in nursing from EMU and specializes in perioperative nursing, emergency nursing, and obstetrical nursing.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, altered states, metaphysics, and the spiritual journey since 1972. She is a Melchizedek priest, spiritual coach, and healer, and teaches workshops that emphasize transformation and integration, and performs personalized wedding ceremonies.

Jacqueline Carey's previous publications include various short stories, essays, a nonfiction book, *Angels: Celestial Spirits in Legend and Art*, as well as the nationally bestselling series *Kushiel's Legacy*.

Kapila Castoldi has studied meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 25 years and is head of the Sri Chinmoy Centre of Ann Arbor.

Center for the Childbearing Year offers contemporary birth preparation, comprehensive breastfeeding support, DONA International birth and postpartum doula workshops leading to professional certification, continuing education contact hours for nurses, holistic approaches and a focus on prevention, support groups, lending library, and community as well as online resources.

Center of Light Ann Arbor is part of a nationwide group of spiritual schools that teach meditation and raising consciousness in the world. It is a non-denominational Christian community welcoming people of all faiths and backgrounds.

Teachers, Lecturers, Workshop Leaders and the Centers

Barb Christensen, head instructor at Okinawan Karate Club of Ann Arbor, holds a 6th degree black belt.

Carol Clarke is a Melody TAOMCHI Master Crystologist and Usui Reiki Master practicing for five years.

Rev. Lorri Coburn, MSW, practiced psychotherapy for 25 years. She is the author of *Breaking Free: How Forgiveness and A Course In Miracles Can Set You Free.*

Cynthia Conklin has been practicing shiatsu professionally since 2000. She is a graduate of the Ohashiatsu Institute, a former student of Frances Farmer, and board member of the Shindo/Jomon Association of Michigan.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. Mother of four and grandmother of five, she is a certified Kripalu Yoga teacher and senior teacher of meditation for Deep Spring Center.

Nada Crystal is an intuitive writer dedicated to aiding women on their personal journeys of self-recovery, inner peace, and balance.

Pamela Curlee is co-founder of the Svetlana Masgutova Educational Institute and is faculty and North American Director of Education for MNRI.

Christy DeBurton, RYT, has been teaching yoga since 1998. She has trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of non-duality and the meditation practices that support those teachings. Barbara Brodsky is founder and guiding teacher.

Yael Dolev is a food coach with a background in agronomy, botany, and ecology who follows a Mediterranean diet.

Anne Duffy, intuitive healer, spiritual change agent, life coach, herbalist, natural health educator, writer and scientist, has been working with the pendulum to help heal her clients for almost ten years.

Kate Durda, MA, is a core shamanic practitioner, esoteric healer, educator, and developmental psychologist. She is co-counder of Spirit Weavers, an organization dedicated to providing experiential training in shamanism and offering shamanic healing, locally and long distance.

Erica Dutton has been meditating for ten years and has been a meditation teacher for over three years.

Crystal Eberly, DVM, has been a practicing veterinarian for 13 years. She graduated from the Ohio State Univ. College of Veterinary Medicine and has a bachelor's degree in animal nutrition.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

Mara Evans is a transpersonal psychologist, teacher, and organizational consultant. **Andrea Evans** recently graduated from Richmond Univ. in London with a degree in International Relations and a focus in Gender Studies. They are working together as a mother-daughter team.

Frances Farmer is a Certified Ohashiatsu instructor and has studied the nutritional teachings of Sally Fallon and Dr. Weston A. Price since 1999.

Linda Diane Feldt is a Holistic Health Practitioner, wild crafter, forager, People's Food Co-op board member, and teacher who has over 20 years experience teaching community about plants, herbs, and holistic medicine.

Patricia Fero is a psychotherapist and author of three books, *Mining for Diamonds*, *What Happens When Women Wake Up?*, and *Sacred Marching Orders*.

Sandra Finkel, MPH, is co-founder of Jewel Heart and senior dharma teacher. She is manager of UM Cardiovascular Medicine at Domino's Farms Stress Management Services and is a stress management specialist with over 25 years teaching meditation and mind/body techniques.

Janice Firn, LMSW, is a clinical social worker at Univ of MI Hospital.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of the drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Jennifer Flowers-Gutman is a Reiki Master and teacher since 2003, and is a massage therapist and mother of five children.

Deb Foggio, owner of The Center for Integrative Well Being, is an intuitive life path consultant who uses her talents and experience in a variety of ways, assisting people in discovering, developing, and living lives of purpose and prosperity. She is also a Systemic Constellations facilitator and Bach Remedy consultant.

> Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.
>
> - Martin Luther King, Jr.

Tom Foster is Professor of English at the Univ. of MI Flint, where he teaches classes in contemporary fiction, drama and poetry as well as creative writing and composition. He has written several books on 20th century British and Irish literature and poetry and lives in East Lansing.

Marcella Fox, Master's degree in Social Work, studied shamanism in Peru, Canada, Hawaii, and the U.S. She is also a Reiki Master and certified in Hypnotherapy.

John Friedlander is an internationally acclaimed psychic, author, and teacher with degrees from Duke Univ. and Harvard Law School. He has studied with Jane Roberts in her Seth class and at the Berkeley Psychic Institute. His workshops are based on his book co-written with Gloria Hemsher, *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance*.

Alan Furst is a historical spy novelist whose books are translated into 17 languages. Born in New York, he now lives in Paris and on Long Island.

Melanie Fuscaldo, LPC, NCC, is a life coach whose mission is to help individuals live their dreams and enhance their happiness using the wisdom of body, mind, and spirit.

Amy Garber is a medium, psychic, and channel studying with spiritualist Shala Kilmer since 1992. She is a second level Reiki practitioner, founding member of Center of Light Spirituality Center in Oxford, MI, and is on the Board of Trustees of the Interfaith Center in Ann Arbor.

Norma Gentile, professional singer and sound shaman, has recorded 30 meditation cds and four albums of healing chant. She is also a channel.

Sam Carter Gilliam is an instructor for the Dept. of Speech and Drama at Trinity Univ. in San Antonio, TX, teaching speech, oral interpretation, and performance technique. She also partners as a visual artist with her husband, Steve, in their theatrical scenic design company.

Ann-Margaret Giovino is a personal strength trainer, certified postural alignment specialist, trained by Egoscue. She owns and operates Gym Giovino in Ann Arbor.

Aura Glaser is a teacher and co-founder of Jewel Heart. She is the author of A Call to Compassion: Bringing Buddhist Practices of the Heart into the Soul of Psychology. She holds a PhD in clinical/depth psychology from Pacifica Graduate Institute and maintains a private psychotherapy practice. She is also a practicing astrologer and the creator and original owner of Crazy Wisdom Bookstore.

Nanette Glencer is a MS, Ed.

Jocelyn Granger is director and founder of AAIMT. Since 1982, she has had extensive training in various massage modalities, including Myofascial Therapy, Neuromuscular Therapy, and Sports Massage, and instructs advanced courses across the country.

Mary Grannan has been a meditator since 1977, began practicing vipassana in 2001, and joined Deep Spring's teacher training program in 2004.

Karen Greenberg has been travelling throughout the U.S. teaching the practical applications of Kabbalah for over a decade. She has a degree in physical therapy and has danced professionally.

Monica Gurnani, BHMS, CCH, is trained in Homeopathic Medicine from medical college in Bombay. Since 1992, she has been practicing homeopathy in hospitals, health care centers, and her own practice.

Nirmala Nancy Hanke is a longtime meditator and teacher of meditation at the Lighthouse Center in Whitmore Lake. She is a psychiatrist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen is a certified Enneagram teacher in the Narrative Tradition , a psychotherapist, and founder of The Enneagram Center of Ann Arbor.

Stephen Harrigan originally studied with Phil Ho, and has been teaching and learning Yang Family Tai Chi Chuan for about 35 years.

Craig Harvey has been leading peace meditations and world healing vigils since 2001, many of them for 24 hours. He hosts the Peace Generator at the Interfaith Center.

Sierra Hillebrand, MA, is a psychotherapist, midwife and educator dedicated to helping people access their deepest strength and wisdom as they face challenges and life transitions.

Amanda Hodgkinson was born in Burnham-on-Sea, England and earned an MA in creative writing from Univ. of East Anglia. She now lives with her husband and two daughters in a farmhouse in the southwest of France.

Shawn Hoga, DC, is a graduate of Life University. His family was transformed by Network early on when his eldest son recovered from Autism through regular NSA entrainments.

Cathy Holland, RN, BS, is a holistic women's health nurse and board member of the Michigan Holistic Nurses Association.

Mary Hopkins, OP, is a Dominican Sister of Sinsinawa, WI and has worked for many years in the fields of aging and spirituality. She has a counseling and spiritual direction practice.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Nina Howard is a facelift massage specialist, facelift massage master trainer, massage therapist, paramedical esthetician, licensed esthetician, polarity therapy practitioner, artist, and interior designer. She owns and operates Bellanina Day Spa and Bellanina Institute.

The Human Awareness Institute has presented workshops on love, intimacy, and sexuality for 43 years.

Dennis Hunt participated in three seminars through the Integral Institute and has read most of Ken Wilber's work.

Huron Valley Aikikai is a community of martial arts practitioners who have been training continuously since 1988.

Karen Husby-Coupland of Harmony Yoga of Ann Arbor is a certified Iyengar Yoga teacher. She has taught since 1999 and has been practicing yoga since 1993.

Hygeia Center for Healing Arts is a collection of holistic practitioners including Sierra Hillebrand, MA, Diana Quinn, ND, Kelly Brown, LMT, and Deb Rhizal.

Reverend Lela Iduna started her spiritual training at the Center of Light in New Haven, CT in 2004. She is now an ordained minister with The Center of Light in Ann Arbor.

Lisa Inoue, LMSW, specializes in the treatment of adults and children with trauma and attachment disorders.

Interfaith Center for Spiritual Growth is a New Thought congregation.

Inward Bound Yoga is a seasoned community of trained, experienced, longtime yoga instructors who teach at Friends Meetinghouse in Ann Arbor.

Jacob is a being of light channeled by Judy Crookes since 1996.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

Shaqe Kalaj is a creativity coach, teaching artist, artist, public speaker, and founder of Art & Ideas Gallery & Studio in Plymouth.

Sensei Nigel Kerr is a 1st Dan Black Belt in Tai-Ki and has been granted license to teach Tai-Ki by Juko-Kai International.

Jillian Kerry is a twice-certified Life Coach through Coach Training Alliance and Parent and Coach Academy, and also a certified NCGR Level 2 astrologer.

Carole Kirby, LMSW, has over 30 years experience as a therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter specializing in couples therapy, but also works with individuals and families.

Daniel Kirksey is a former Harlem Globetrotter and retired Physical Education instructor who has been teaching Tai Chi for WCC for over 10 years.

Dave and **Pat Krajovic** are Certified Transformational Breath Facilitators and Senior Trainers, and are Nationally Certified Massage Therapists with training in Craniosacral Therapy, Pranic Healing, and Esoteric Healing.

MJ LaDuke offers a combination of Western and Eastern philosophy to bring rounded practice to each individual. YogaFit trained with emphasis on chakra system and crystal healing.

La Leche League is a not-for-profit organization whose mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information and education.

David Lawson has been practicing various forms of meditation since 1985 and has been teaching insight meditation since 1998 in meditation centers, prison, university, and community education settings.

Marc Lerner is an Ann Arbor resident and president of Life Skills Institute with over 30 years experience dealing with chronic illness.

Leslie Science and Nature Center is a nonprofit organization that provides environmental education and experiences for children, families, and other individuals to honor and perpetuate the legacy of Dr. and Mrs. Eugene Leslie by fostering understanding, appreciation, stewardship and respect for the natural world.

Frank Levey has been a student and teacher of various natural healing arts as well as insight meditation and nature living skills for more than 30 years.

Ron Lienweber is a longtime student of world religions and leads multiple meditation practice groups.

The Lighthouse Center in Whitmore Lake is a nonprofit spiritual organization devoted to meditation and ahimsa, loving in peace with all beings. The Center makes monthly donations to others in need, including the Whitmore Lake Health Clinic and Sasha Farms in Manchester.

Ellen Livingston is a raw foods expert and yoga teacher who studied Raw Nutritional Science with Dr. Doug Graham and Professor Rozalind Gruben Graham, and has more than 20 years independent research on the topics of health and nutrition.

Callan Loo is president of Peaceful Crossings, LLC and is a certified Celebrant through the In-Sight Institute.

Karl Marlantes is a graduate of Yale Univ. and Rhodes Scholar at Oxford Univ. He served as a Marine in Vietnam, where he was awarded the Navy Cross, Bronze Star, two Navy Commendation Medals for valor, two Purple Hearts, and ten air medals.

Sara Martens is the admissions and academic coordinator at Ann Arbor Institute of Massage Therapy and also a graduate.

Martial Arts Advantage: Ann Arbor's Family Fitness and Martial Arts Center trains people of all ages in a teaching form of Ninjutsu known as Ninpo Taijutsu, emphasizing natural movement and realistic responses to attacks.

Robert Martin, LMSW, MA, specializes in the treatment of adults and children using mindfulness practices.

Debbie Mast and **Brian Obrecht** are apprentices to the Sweet Medicine SunDance shamanic tradition with many years experience leading ceremonies for individuals and groups.

Robin Mather has written about food for more than 30 years, for publications ranging from *The Detroit News* and *Chicago Tribune* to *Cooking Light* and *Relish* magazines. She is a Michigan native, born and raised in Jackson County, and now lives in southwest Michigan where she shares her 650 square foot lakefront cottage with a dog, cat, and African Gray parrot.

Jim McDonald is an herbalist, wildcrafter, and medicine maker living in White Lake.

Jane McLaren is a Systemic Constellation Facilitator, Licensed Avatar Master, energy healer, and founder of Avastar International Institute.

Quentin McMullen, MD, and **Molly McMullen-Laird**, MD are both physicians trained in Internal Medicine in the U.S. and Anthroposophic Medicine in Europe.

Michigan Friends Center in Chelsea seeks to promote environmental stewardship and social justice.

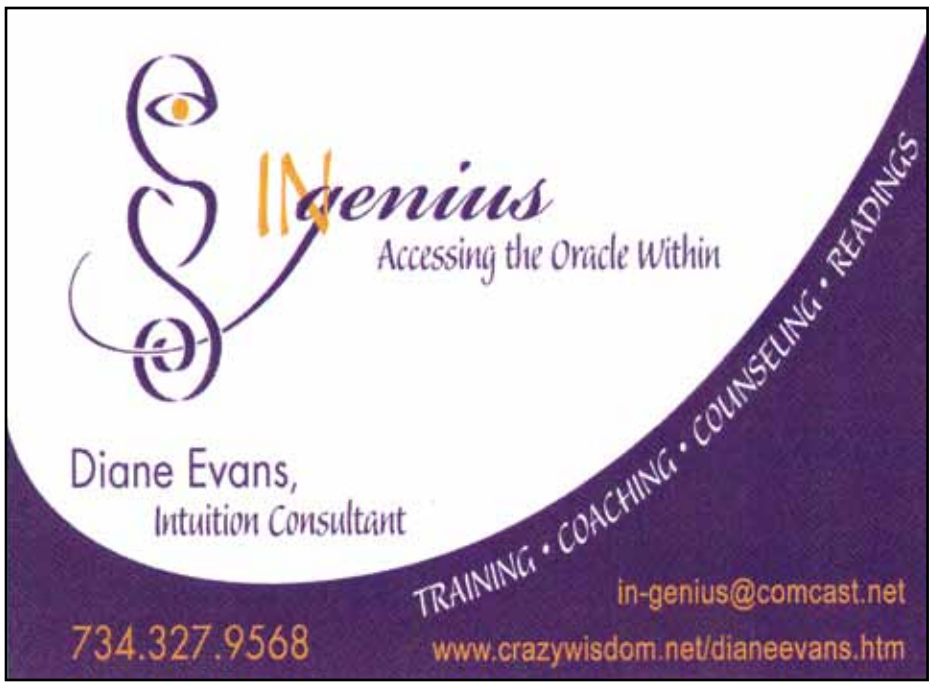
Richard Miller has studied under Gao Dao Shan in Taiwan, Adam Hsu in San Francisco, and He Jinbao in China, and has over 30 years training.

Kathy Moore, MT-BC, MA, is a Certified Teacher of Alexander Technique and a Certified Music Therapist with 25 years teaching technique for speaking and singing voice. She is also a professional singer-songwriter.

Esther Morton-McCormick is a teacher of acupressure and traditional Chinese Medicine with experience in aromatherapy product development.

Annette Mullett, MD, completed her residency in Emergency Medicine in Akron, Ohio. After practicing traditionally for 15 years, she has devoted the past eight years to learning other healing modalities. She is certified in feng shui and qigong, and is a holistic health consultant.

Sue Myers is a motivational speaker, workshop leader, and teacher.



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Linda Diane Feldt

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Teachers, Lecturers, Workshop Leaders and the Centers

Irena Nagler is a director and performer with Nightfire Dance Theater and has facilitated community dance events since 1987. As a student and lover of earth energy and mysteries, she has been practicing intuitive readings since childhood and has recently begun to offer them professionally.

Pina Newman, MA, LPC, specializes in relationship issues and has a wealth of knowledge about how dysfunctional patterns play out in marriages.

Mary Catherine Nolan, OP, a Dominican Sister of Adrian, holds a doctorate in sacred theology with a concentration in Mariology.

Sondra O'Donnell, RYT 500, is a certified Registered Yoga Teacher and Yoga Therapist, and runs the Sun Moon Yoga Teacher Certification Program recognized by the Yoga Alliance.

Joyce Oliveto is a gourmet living foods chef, dedicated teacher, author, and speaker.

Jose Ortiz, PhD, CHt, has conducted numerous workshops on bioenergy/aura and stress management.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has been teaching meditation since 1979 and now lives in North Carolina where he does transpersonal counseling and teaching at Duke Univ.

Craig Parian is a certified practitioner of Evolving Shiatsu and teacher at the Ann Arbor Institute of Massage Therapy. His practice offers traditional Shiatsu, Zen Shiatsu, central channel clearing, structural alignment, Himalayan bowl healing, breathwork, diet and health counseling, and exercise.

Sifu Genie Parker has trained and taught Wu style Tai Chi Chuan for over 20 years.

Felix Paulick, MSW, MBA, is a psychotherapist and relationship coach who has been leading men's groups in Ann Arbor for over five years.

Pat Perkins is one of the founders and instructors for the Learning Center of Astrological Studies, served 3 years as president of the MI Federation of Astrology, and worked 31 years with the State of MI, in personnel management.

Sally Pinchock is a student of metaphysics.

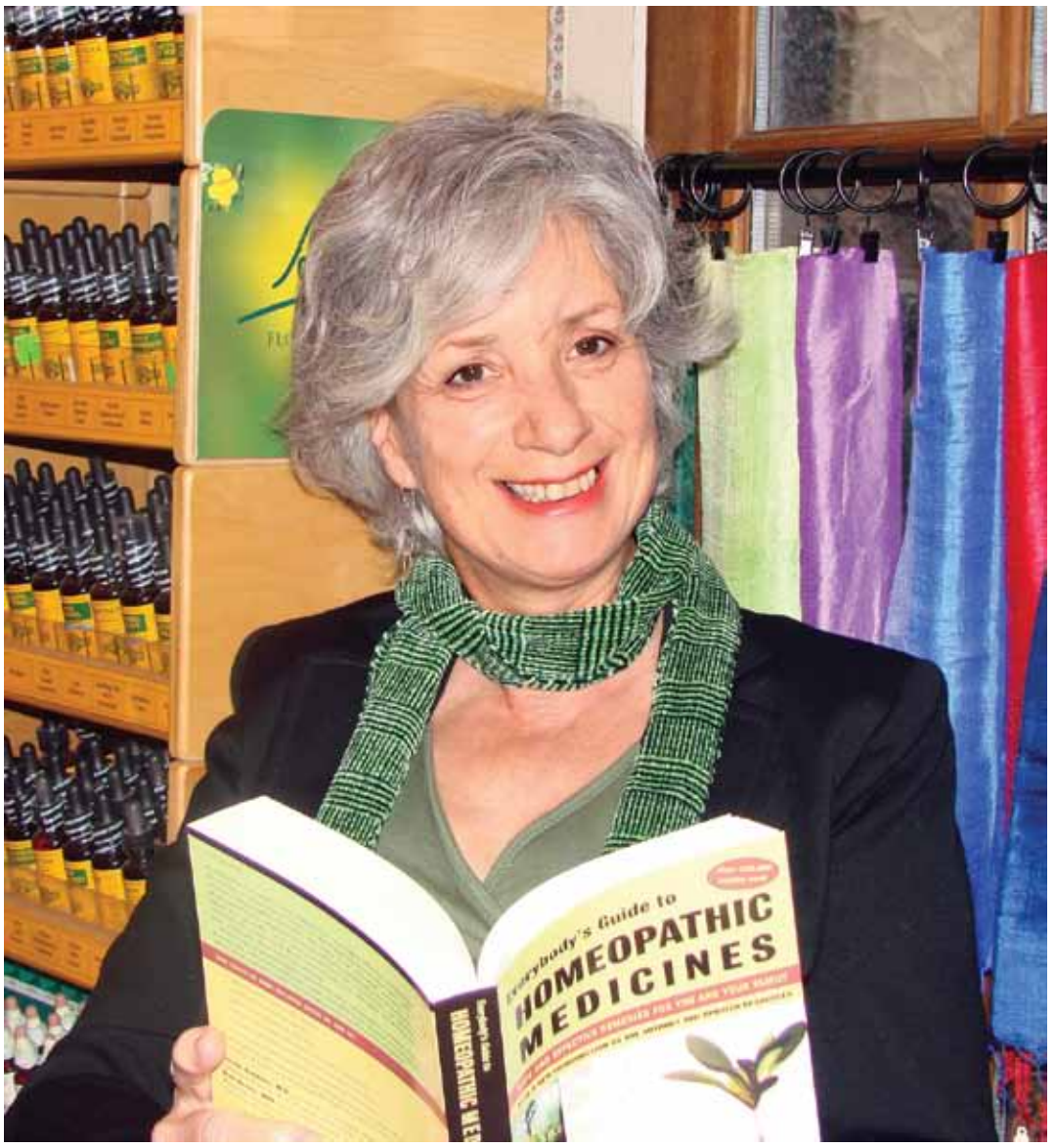
Janine Polley, RN, RYT, is a certified yoga instructor who combines her expertise with her background as a Registered Nurse.

Ellen Porter, M.Ac., L.Ac., Dipl. Ac. (NCCAOM), is a Five Element Nationally Board Certified Acupuncturist. She has administered ear acupuncture for the Ann Arbor community for two years.

Quest Martial Arts instructors help students learn in a safe environment while having fun, emphasizing the student's development through both physcial skills and life skills.

Mara Radzvickas is a longtime member of The Theosophical Society in Detroit.

Joe Reilly has been a singer, songwriter, and guitarist for over 12 years and has had extensive performance and touring experience, bringing messages of hope and peace in his songs to audiences in the Midwest and across the U.S.



Mary Tillinghast teaches classes on homeopathy. She has received extensive hands-on training while working with Dr. Lev Linkner in his medical practice. She has managed Castle Remedies for over 25 years, and is the mother of four grown children raised on homeopathy. For more info, go to http://www.castleremedies.com.

Deb Rhizal has attended over 150 births at home and in hospitals. She is a certified individual and family wellness coach, birth doula and deep relaxation practitioner.

Gelek Rimpoche is the Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of western culture allows him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Julie Ritter is a teacher for Preserving Traditions, a local organization that seeks to continue the traditions of food preservation and preparation from scratch while building community.

Barbara Robertson is the director/owner of The Breastfeeding Center of Ann Arbor. She is a board-certified Lactation Consultant and breastfeeding educator who loves working with moms and babies.

Andrew Rogers is Pastor of Holy Trinity Ukrainian Orthodox Church in Dearborn. He plays music that he channels after a prayer to the angels and guides.

The Rudolf Steiner Health Center is a 501 (c)(3) non-profit organization located in Ann Arbor.

The Rudolf Steiner School of Ann Arbor offers pre-K through 12th grade education in the Waldorf tradition. RSSAA strives to educate the whole child, integrates the arts and academics, and awakens a lifelong love of learning through creative play and a developmentally appropriate approach to education.

Mary Doria Russell is the award-winning author of four previous bestsellers. She is the daughter of a five-term sheriff and taught gross anatomy at the Case Western Reserve Univ. School of Dentistry before she became a writer.

Sally Rutzky holds an Introductory yoga certificate and has taught for 27 years.

Sue Salaniuk holds a Junior Intermediate III yoga certificate and has taught for 21 years.

Mary Sammons is a NHG certified Hypnotist and a NFPT certified Fitness trainer.

Lee Schaberg received Level 1 and 2 at Oneness Univ. in Fiji in 2009 and became a trainer at Oneness Univ. in India in 2010.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a 501(c)(3) Non-profit near Lansing. Its aim is to support those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Sarah Sharkey, OP, a Dominican Sister of Adrian, is on the faculty of the Oblate School of theology in San Antonia, TX, where she teaches scripture.

Rev. Cynthia Shepard has been teaching people about spiritual consciousness and meditation for over seven years. She recently moved from Georgia where she ministered at the Atlanta Center of Light, and is now co-directing the Ann Arbor Center of Light.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits, aptitudes, career, relationships, business, wealth, and well-being, as well as all other aspects of life.

Neal Shusterman is the author of many novels for young adults and writes screenplays for motion pictures and tv shows, such as Animorphs and Goosebumps. The father of four, Neal lives in southern CA.

Marina Sionov is a registered nurse with a Master's Degree in nursing, and is a longtime student of theosophy, women's wisdom, Buddhism, Kaballah, and other esoteric sciences.

SMART is Southeast Michigan Astrologers' Round Table, a chapter of National Council for Geocosmic Research. This group of astrology students and professionals have been meeting since 1994, and use their association for networking, engaging speakers, and discussing matters of concern and interest to astrologers.

Danielle Sosin is an author whose fiction has been featured in the Alaska Quarterly Review and has been recorded for National Public Radio's Selected Shorts: A Celebration of Short Story. She lives in Duluth, MN.

Matthew Statman, LLMSW, CADC, is a Dawn Farm therapist and Dawn Farm's education series coordinator.

Ema Stefanova, owner of Ann Arbor Yoga and Meditation, is a yoga and meditation master, accomplished yoga therapist, and trainer since 1979. She guides and inspires in all aspects of holistic, therapeutic, and spiritual yoga and runs in-depth 100-500 hour studies and continuing education programs for yoga teachers/therapists.

Gari Stein is an active member of the early childhood community. Degreed in Child Development and Dance, she has been an educator for 40 years and a music specialist and speaker for 20 years.

Lynne Stevens, MA, LLP, specializes in experiential therapy and psychodrama and also is a supervisor and group leader at Onsite Workshops in TN.

Teachers, Lecturers, Workshop Leaders and the Centers

Mary Alan Stuart, OP, PhD, a Dominican Sister of Adrian, has been involved in nutrition research, university teaching, and clinical counseling for the last 30 years.

Peg Tappe has meditated as a member of the Deep Spring community since 2002 and has gone through their teacher training.

Haju Sunim is resident priest at the Zen Buddhist Temple in Ann Arbor.

Janene Ternes is a spiritual director and founder of Prayer in Motion, LLC, teaching holistic forms of prayer to all ages.

The Theosophical Society in Detroit is a branch of The Theosophical Society in America, a nonsectarian body of seekers after truth.

Stephanie Tighe and **Kate Durda** have organized and led shamanic journey circles since 1990 (Steph) and 1996 (Kate). Both are shamanic healers, teachers and practitioners.

Mary Tillinghast has received extensive hands-on training while working with Dr. Lev Linkner in his medical practice. She has managed Castle Remedies for over 25 years and is the mother of four grown children raised on homeopathy.

Judy Trautman is a certified leader and mentor in training of the Dances of Universal Peace.

Monica Turenne, DVM, CVA, received her Doctor of Veterinary Medicine from MSU in 1999 and her Certification in Veterinary Acupuncture from the Chi Institute of Chinese Medicine in 2005.

Nancy Udow holds an Introductory yoga certificate and has taught for 13 years, and has a background in dance.

Karen Ufer is a certified Iyengar yoga teacher with 30 years practice and 20 years teaching, and is owner of Yoga Focus in Ann Arbor.

Violeta Viviano is a teacher in John Friendlander's system, working with him for over 20 years, and has a Bachelor's of Science from Wayne State Univ.

Richard von Ritter is a playwright and artistic director of Screaming Dog Theater.

Cam Vozar, LMSW, LMFT, is a psychotherapist in private practice who has worked with men and their families for over 20 years. He has led and participated in numerous men's groups and is a Level II EMDR certified therapist.

Water Hill Music Fest is the brainchild of Paul Tinkerhess, eccentric owner of Quaker Fourth Ave Birkenstock and former owner of Ann Arbor's only electric car dealership, who lives on Water Hill in a house he and his wife bought for a dollar.

Lou Weir has been doing "inner critic" work for more than ten years in the Ridhwan School's Diamond Approach to Realization. He has been a meditation student for over 15 years and works as an attorney in Brighton and Ann Arbor.

Sue Weir has a background in Gurdjieff, zen practice, and insight meditation practice, and has been teaching meditation at Deep Spring Center since 1999.

The Wellness Community in Ann Arbor aims to help people with cancer and their loved ones enhance their health and wellbeing through participation in professional programs of emotional support, education, and hope.

Christia West is a graduate of AAIMT and has been an instructor since completing the teaching program. She has been practicing massage therapy since 1999 and is nationally certified through NCBTMB.

William White, MA, is senior research consultant at Chestnut Health System and has authored or co-authored more than 350 articles and monographs, and 15 books.

Suzy Wienckowski, Reiki Master, Registered Massage Therapist, has 30 years experience in the healing arts. Reiki has been the focus of her work since 1993. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Joshua Wilde has been a longtime student of tarot and has been giving readings professionally for over a decade. He is a student of transpersonal psychology, Jungian analysis, astrology, and palmistry. He is also an accomplished juggler and magician.

Debra Williams is a nationally certified massage therapist, Reiki practitioner, advanced PSYCH-K facilitator, and writer.

Eve Wilson has been a full time healer and trainer of healers since 1986. She is director of The Healer Development Program since 1986 and is a naturally gifted intuitive healer, able to perceive the body's aura clearly, interpret information it holds about a person's life and health, and to work with beings of unconditional love to resolve issues on all levels.

Ryan Wilson is Headmaster at White Crane Michigan.

David Winfree is an author and facilitator of spiritual growth groups, and has a teaching ministry through Interfaith Center.

Yoga Focus celebrates 18 years in Ann Arbor and offers instruction from experienced, certified Iyengar teachers.

Yoga Serves is a group of local yoga teachers and practitioners who know that yoga serves on many levels, creating community through the fun of serving others together.

Yoga Space teachers, including Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Pam Lindberg, hold Iyengar Certification, with experience ranging from 6-28 years.

Wasentha Young, a practitioner since 1968, is a master and scholar in the art of Tai Chi Chuan and Chi Kung, has received formal instruction in Taoist and Buddhist meditation, achieved certification in Acupressure, has obtained a Masters degree in Transpersonal Studies, and has a certificate as a Wellness Counselor in Mind/Body Consciousness.

Christy Zarek is a graduate of AAIMT and has practiced massage for almost ten years. She has had training in the art of stone therapy in LaStone method and is nationally certified through NCBTMB.

Karlta Zarley, RN, CHTP, has 30 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 13 years in the Ann Arbor area as a professional healer and educator, providing spiritual direction, energy work, and colored light therapy.

Zen Buddhist Temple of Ann Arbor is led by resident priest Ven. Haju Sunim. Its yoga instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training.

Lisa Zucker began meditating in 1999 and has been practicing vipassana with Deep Spring Center since 2001. She joined their teacher training program in 2006 and has since taught classes in meditation.

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Life Is a Cafeteria. What's on the Menu?

By Sally Pinchock

My metaphysical musings started years ago, when I contemplated that my life either followed patterns or was chaotic. Over time, my life became less of a search for answers and more of answers coming to me. Over the past five years, I have been attending events at the Center for Integrative Well-Being in Plymouth, owned by Deb Foggio, where I have been looking for a better understanding of why my life is the way it is, and ways to change it.

Deb witnessed my journey of exploring and expanding my understanding of metaphysics and she suggested that I put together a "Metaphysics 101"-type class to teach at the Center. "Metaphysics 101" sounded academic, so I chose a lighter title: "Life Is a Cafeteria. What's on the Menu?" The class became part of the curriculum at the Center and it is taught on the third Monday of the month.

Sally Pinchock has been teaching a metaphysics class through the Center for Integrative Well-Being in Plymouth.

First of all, what is metaphysics? "Meta" comes from a Greek root meaning "beyond," and "physics" refers to the physical state of things. Therefore, metaphysics is about those things beyond the physical. That would infer that metaphysics cannot be seen, heard, touched or smelled. As some people move higher vibrationally, however, they can see, hear, touch and even smell the energy fields that are part of the metaphysical realm.

So what is on this menu? What are the choices? Because we are all part of Universal Consciousness, the answers to those questions are unlimited. There are ways to get guidance, such as meditation, psychic readings, palm reading, and tarot cards. There are alternative healing modalities like Reiki, craniosacral therapy, and sound healing, for example. There are those who swear by crystals, essential oils, incense, yoga, and on and on. For years, there was a sort of "underworld" where one could seek out these practices. Today, many of these practices are mainstream and some are even the basis for television programs.

What causes someone to explore beyond the norm? You see unexplained coincidences happen. Your intuition is telling you that the Sunday sermon is missing something. You feel yourself drawn to beliefs and concepts outside your upbringing, your comfort zone. You feel physically out of balance and someone suggests you get some energy work...

What causes someone to explore beyond the norm? You see unexplained coincidences happen. Your intuition is telling you that the Sunday sermon is missing something. You feel yourself drawn to beliefs and concepts outside your upbringing, your comfort zone. You feel physically out of balance and someone suggests you get some energy work.

Some people become spiritual seekers because, somewhere on their life's path, they pause and reflect about things in their lives. It may be a sudden life-changing event or a series of incidents that causes them to look for answers. For others, this questioning is more subtle and takes place over time. We look at our lives and think, "Gee, I've followed all the rules. Why is there still something missing?"

Or possibly, we start noticing things outside us. A co-worker mentions energy fields and chakras. A friend goes to a psychic. Someone says they are leaving a religion they have followed since birth to seek out peace and understanding, and we wonder what they are talking about. We see a *Crazy Wisdom Journal* in the break room and we glance at it and then put it down like a hot potato, making sure no one sees us with it — because we don't know what to think.

People often are afraid to ask about all this, because they fear they may be dabbling in something they've been taught was forbidden or strange, or because they don't know anything about it. There is also still a mainstream message that some of these practices are taboo and occult, or harmful and unproven. So when people are sensing that there is more to life than what they are experiencing, they need to have a safe place to go to ask questions, share feelings, and learn more about how metaphysics works in their lives — even if they don't know the term "metaphysics."

This is when we are ready for "the cafeteria" and the Universe says, "The teacher comes when the student is ready." That is the Divine Order of the Universe. Divine Order just is; we don't make it happen. We can resist it, or we can be open and receptive. When we are ready to move energetically to higher vibrations, to embrace metaphysical thinking, we do become more open. If this sounds like you, then — like me — you could be ready to learn, discern, and integrate more of yourself and find out how you fit into the Divine Order of all Life.

This is when it's helpful to find a center or a class in which to talk about the mystery in a safe environment. The "Life Is a Cafeteria" class is a place for just that type of exploration.

Every one of us is different and unique, so we all approach the buffet of life differently. It doesn't matter what the approach is. So as we become more open to all of the possibilities, we can investigate places and people to expand us, like the Crazy Wisdom Bookstore & Tea Room and the Center for Integrative Well-Being.

As I go further on my journey, I'm learning that we are all from the same DNA of the One Source, whatever we choose to call It. However, it's our uniqueness that puts us on our very own path. So once we have acknowledged that we want more information about metaphysics, those opportunities to learn more about it will simply manifest all around us. Then we have to discern what resonates with us and allow Divine Order to give direction.

Enjoy the menu!

A perpetual learner, Sally's journey is being a spirit in human form, student, wife, mother, business owner, and consultant, and now a teacher-learner of metaphysics. Contact Sally at sallypinchock@yahoo.com. *See her class listing in the Spiritual Development section on page 91.*

endpiece

Micro-managing God ~ How We Pray Does Make a Difference

By Norma Gentile

I find that the lessons my guides like to share with me are often brought to my attention in my normal waking life. Recently, I noticed that not only is the media reporting on the events they usually cover, such as natural disasters and political upheavals, but they are also covering the resulting prayer gatherings and peace rallies. Likewise, with each unfolding situation, my email box fills with announcements of group meditations and prayers. I'm betting yours does, too.

The invitations for most meditation events I receive include notes that the intention is to "heal" or "bring peace" to a person or situation on the planet. Other emails request me to "send light and love" or good thoughts, prayer and energy towards curing illness for someone or helping with a difficult family matter.

Certainly I feel a sense of compassion for those who are suffering. Yet the underlying intention of this sort of goal-oriented prayer has never felt accurate to me. This morning , as I was wrestling with how to address another round of these emails, I heard a sentence being formed out loud in my head : "The more unencumbered by personal intentions your prayers are, the more effective they are."

Telling God how to heal a person, bring peace to a situation or fix a perceived problem actually constricts the movement of Spirit.

While I attributed the sentence to one of my guides, the idea was not new to me. Growing up as the eldest granddaughter of a minister, I heard again every Easter the Bible story of Jesus' overheard prayer "…Not my will, but Thine, be done." As a mystically inclined seeker of the Divine, I know it from passages in the *Bhagavad Gita*, the *Emissaries of Divine Light*, and the teachings of Yogananda. And in the world of energy healing, I immediately recalled the ways in which several teachers have shared this same philosophy with me.

Spiritual healer and teacher Ken Page points out that whenever we send energy, even "love and light," we are opening ourselves to an energy exchange. Something will come back to us from the person or situation we are targeting with our prayers. I would add that the more our intention is to change a person or situation, the more the energy that comes back to us will also try to change us!

Drunvalo Melchizedek, author and originator of the MerKaBa Meditation, points out that we live in a polarized world. In this world where there is both good and evil, right and wrong, we create both aspects of whatever we wish for, even though our intention is to create only one aspect. When our prayers are formed "for the good" by our mental capacity, an equal amount of our energy is also creating the opposite effect.

I find that Newton's Third Law of Motion, "For every action there is an equal and opposite reaction," applies to how we pray. If we indeed pray for what would appear to be a "good" outcome to any situation, then we are also unconsciously putting an equal amount of energy into praying for a "bad" outcome.

How can this be? My metaphysical answer is this: Because we live in a world that is based on Free Will, we as a group of souls decided to create polarity. On a practical level , this means that what appears to me as "bad" might actually be the catalyst for a much larger movement of Spiritual growth.

A friend recently reminded me of how much we as humans do not know about the larger plans of God and Spirit. "If prayers for peace had been answered in 1861, there would still be slavery in America." Likewise, if peace had been the result of prayers offered at the outset of World War II, Hitler may have ruled much of the western world.

In our human form, we are not able to see the larger picture of events that are working themselves out. It is only natural for us to pray for that which makes one more comfortable, happier, and healthier. But our soul's journey is to explore how we, while in human form, create comfort and ease, generate joy and find balance in our physical bodies .

While our personality would prefer to jump to the end of our soul's learning process and enter into a life of perfect comfort, our soul wants to learn all that is possible while here in human form. And sometimes that includes the experience of discomfort in order to motivate useful changes in our lives.

"The more unencumbered by personal intentions your prayers are, the more effective they are."

In a study done in the 1990s, hospitalized cardiac patients were prayed for in directed and non-directed prayer, and compared to a group that received no prayers. (This was a small study, probably funded as part of the Complimentary and Alternative Medicine Studies, and most likely related to a university hospital. If you know this exact study, please let me know as I have lost the original published article.)

Unlike many similar studies which divided patients into only two groups, this particular study divided patients into three groups. The group that received no prayers did the least well in terms of their physical recovery. The second group received prayers of directed healing: "Please heal the heart of _____," for example. The third group of patients received non-directed healing. "May God's will be done in the life of _____." Not surprisingly the third group of patients had the highest recovery rate.

In similar studies, Spindrift Research (www.spindriftresearch.org) showed that prayers for the healing of living beings such as mold, yeast, and soybeans helped them recover from injuries and grow significantly more than those same plants that did not receive prayer.

In the study involving soybeans, one group of soybeans was oversaturated with water while another group was not given enough water. Both groups of the soybeans were set out to receive prayers. Most of those praying did not know whether the soybeans they were praying for were too dry or too wet. Some soybeans received directed prayers ("God let the soybeans have more moisture in order to sprout well") while other soybeans received non-directed prayer ("May the soybeans receive whatever they need").

As their report states: "With non goal-directed prayer, the group of over-soaked beans gave off water and moved down toward normal, and the under-soaked beans took on water and moved up toward normal. The different needs [of the soybeans] were met**…When prayer had a goal, which amounted to telling the two sets of beans what to do, the results had no relationship to what the beans needed.**" The group of soybeans receiving goal-directed prayers remained either over saturated with water or too dry. The potential within the soybeans receiving non goal-directed prayer to bring themselves into balance was activated by the energy of the prayers. This same inner potential to achieve balance was not successfully accessed by those soybeans receiving directed or goal-oriented prayers.

This is a strong lesson for all of us, whether or not we consider ourselves to be healers. Letting ourselves honor, especially during times of great need, the innate intelligence of God that lies within each person or situation allows the power of Spirit that is already present within each person or situation to shine more brightly. Telling God how to heal a person, bring peace to a situation or fix a perceived problem actually constricts the movement of Spirit, and thus the potential healing that God would desire to bring through that person or situation.

Healing and prayer are not about results. Healing and prayer happen when we allow our own compassionate heart to open and simply be with another's pain.

I have no doubt that it is easier to pray for a soybean to follow its own inner intelligence than to find within ourselves a space of neutrality and compassion from which we can pray without a fixed goal for those we know or for painful world situations. This is perhaps one of the most difficult lessons we, as humans, have decided to learn. Healing and prayer are not about results. Healing and prayer happen when we allow our own compassionate heart to open and simply be with another's pain. In this way God is awakened from within, and Love is remembered.

###

Ann Arbor's Norma Gentile, *sound shaman, is an intuitive healer and channeler. She incorporates her training as a professional musician into her meditation albums and recordings of healing music. Many songs, meditations and group consultations are offered freely through her website's newsletter. www.HealingChants.com*

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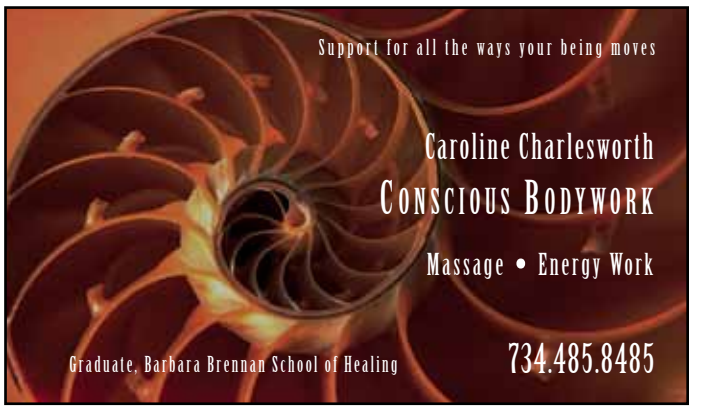

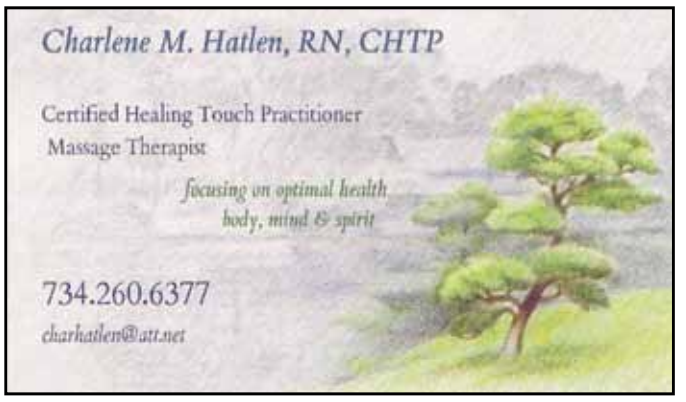

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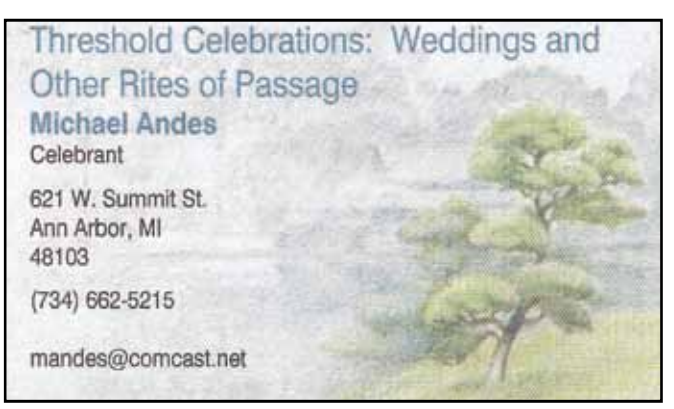

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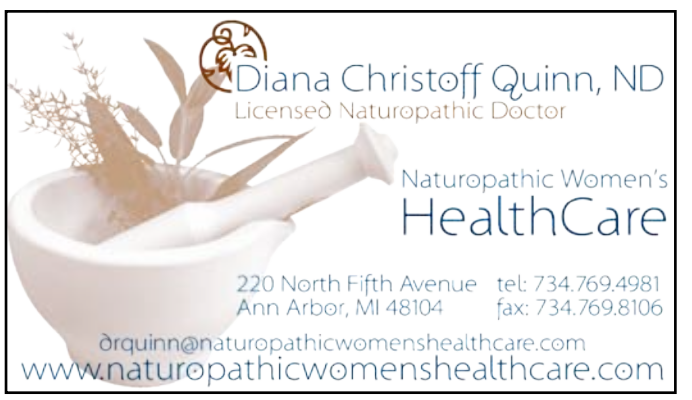

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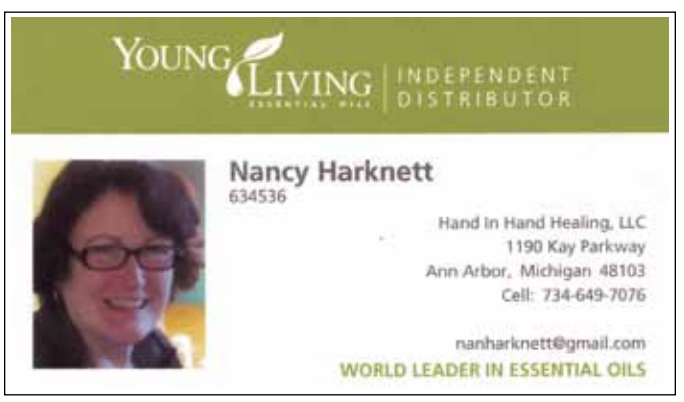

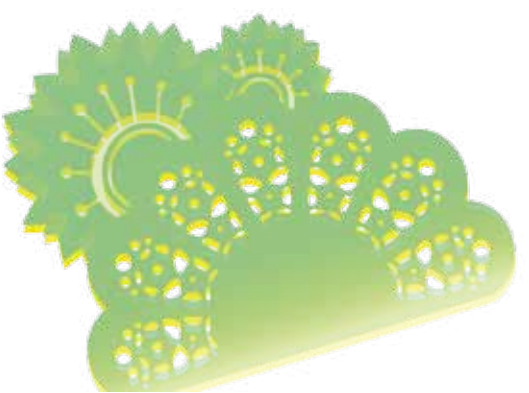

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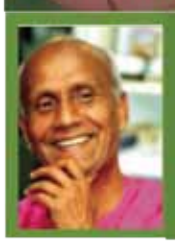

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